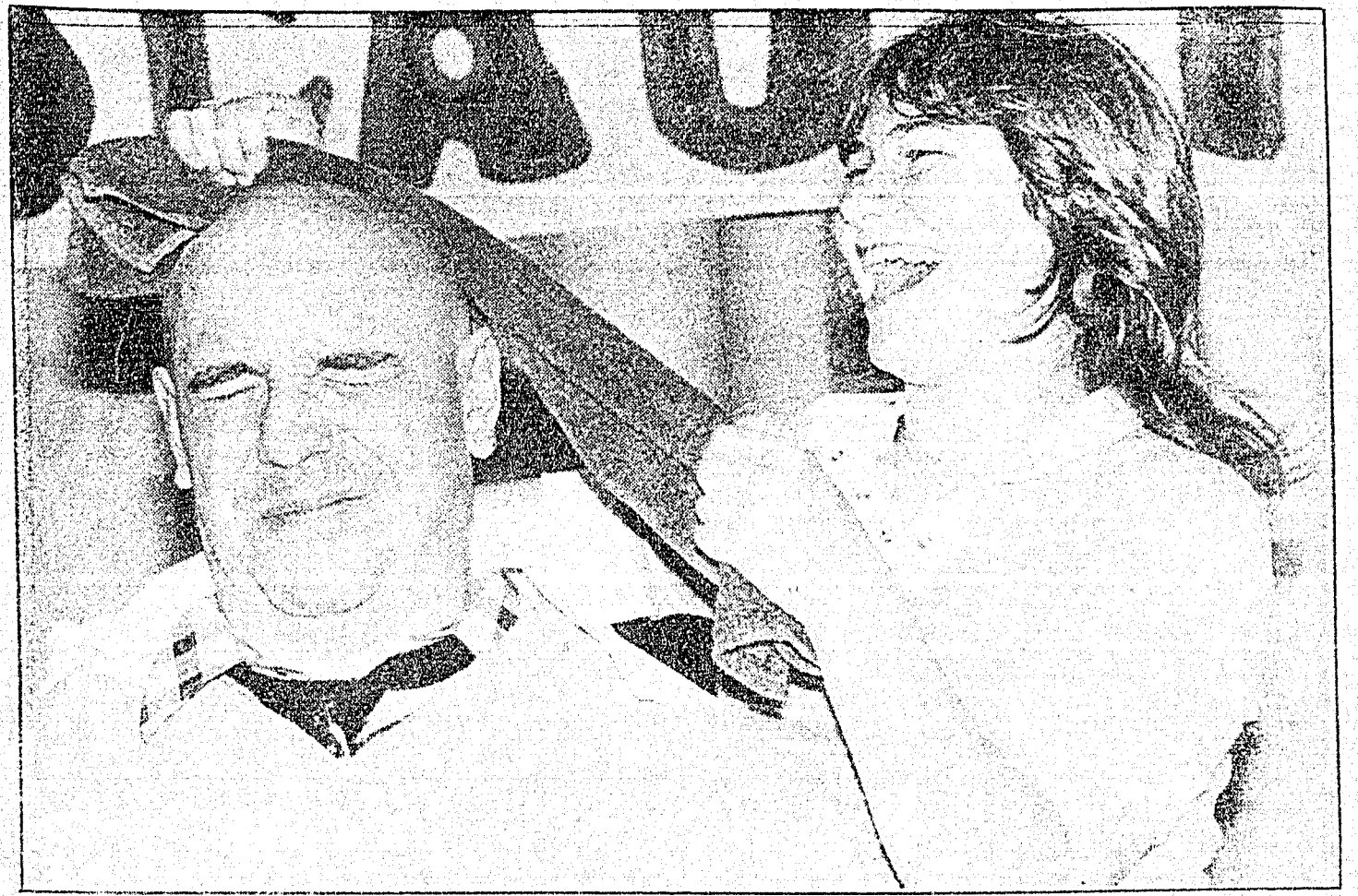


North Saanich teacher Tom Probst made ultimate sacrifice for theatre Monday when he agreed to have his hair and beard shaved off in front of hundreds of screaming students in what was billed as *The Great Shave*. Probst portrays tycoon Daddy Warbucks in upcoming



production Annie May 21-25 at Parkland school. A raffle was held for privilege of removing Probst's hair and was won by home room student Jannie Scott.

Murray Sharratt Photo

Fonyo drive starts now

When Steve Fonyo finishes that great test of endurance — his cross-Canada run — Saanich Peninsula folk will be there to cheer him.

The young man whose courage, imagination and willpower has stolen the hearts of Canadians is expected to be coming off the Swartz Bay ferry May 28 to complete his run along Pat Bay Highway into Victoria.

And we'll all be there to cheer him on.

Sidney Mayor Loyd Burdon has asked The Review to head up a campaign for funds. When Burdon and the other two peninsula mayors, Harold Parrott and Ron Cullis welcome Fonyo to Sidney, they want to be able to present him with a whopping cheque

representing donations to the Canadian Cancer Fund from the three peninsula communities — Sidney, North Saanich and Central Saanich.

The Review will be working with the mayor and Peter Tredgett, manager of the Saanich Peninsula chamber of commerce, to give Fonyo the biggest welcome he's ever had.

But while we're busy on those arrangements we're hoping the money will start coming in. There's just three weeks before Fonyo hits Sidney so please, start bringing in your contribution right away.

Drop it off at our office or mail your donation to The Review, 2367 Beacon Ave., Sidney, V8L 1W9.

Established 1912

A Community Newspaper Serving:

Sidney & Saanich Peninsula

the REVIEW

VOLUME 71

ISSUE NUMBER 19

Wednesday, May 8, 1985

35 Cents

Freak accident lays Tom low

A freak accident last week on West Saanich Rd. put a 74-year-old Sidney resident in Saanich Peninsula Hospital with severe head injuries.

Central Saanich police chief Bob Miles said Chris Tom was a passenger in a northbound car April 30 about noon when it passed a southbound gravel truck driven by Doug Jones, age 42, of McTavish Rd.

A 16-pound, one-foot-diameter rock had bounced out of the truck and was skipping along the road. It bounced onto the car hood and through the passenger side of the front window smashing against the left side of Tom's head.

The rock then struck the top of the car, pushing the roof out a couple of inches, and then hit the back seat.

Half the rock continued onto the back window and was found 150 feet down the road from the accident site. The other half ricocheted off the back seat and back against the dashboard before falling to the floor between Tom and driver.

Jones had been taking rock from the Hartland Rd. area to a beach and was returning "empty" for another load, Miles said — except for this one rock which had somehow become wedged in the truck box until jiggled loose.

Jones had not been aware of the incident, Miles said, but eyewitnesses had noted the truck's license number and notified police.

Jones will receive a traffic ticket for driving with an insecure load. Tom is recovering in hospital.



Premier Bennett greeted Steve Fonyo April 23 when young cancer victim jogged into B.C., his home province. Now Saanich Peninsula residents will be able to welcome Fonyo May 28 on his run along Pat Bay Highway.

Highway's plan unpopular

The provincial ministry of highways plan to close the Keating Cross Rd. access to Pat Bay Highway and turn Island View Road access into a major overpass interchange has generated nothing but anger in Central Saanich.

This discontent manifested itself in two letters received by council Monday night.

Keating School Home and School Association was dismayed at the decision which would see heavy traffic passing the school en route to the Island View crossing.

There are 480 children at the school with an average age of seven years, the association said in a letter to council, and the provincial plan could only mean danger and accidents.

Also horrified were members of a new group, Central Saanich Business Association. Closure of the Keating Cross Rd. access could mean bankruptcy for many businesses in Keating right

Continued on Page A2

Central Saanich holds tax line

By PAT MURPHY

With a transfusion into the budget of \$650,000 from surplus and reserves, Central Saanich council is able to hold the line on the 1985 tax rate — or very nearly so.

The residential rate this year will be \$3.84 per thousand dollars of assessed value compared to the 1984 rate of \$3.82. Ald. Mike Creasey said Monday night.

The difference in the rates was largely the result of an average decline in assessed values from \$92,000 to \$88,000 for a single-family dwelling, Creasey said.

The tone this year, he said, was one of confidence and leadership, confidence that the future would be stable and leadership in maintaining control of costs.

As evidence of the latter, he added, expenditures for municipal administration will be reduced from \$402,000 in 1984 to \$359,000 this year.

Rates for commercial and industrial properties remains unchanged this year, Creasey said, and farm land rates are constant.

This year should see the completion of the Keating Cross Rd. project, the acquisition of land for public facilities in the Brentwood area — a bylaw making this possible was passed later in the meeting — a substantial increase in parks and recreation budgets and a start on a comprehensive road maintenance program.

Although expenditures for 1985 have increased by \$760,000, the tax rate would remain constant, Creasey said. This was made possible by the fact that Central Saanich has, for many years, been able to finance its own municipal operations. This year it was able to draw on a reservoir of surplus and reserve of some \$2.1 million.

Total expenditures in Central Saanich in 1985 will be in the neighborhood of \$7,003,576. This compares with 1984 expenditures of \$6,092,552.

Explain, please!

The B.C. Ferry Corporation will be asked to send somebody to appear before Central Saanich council and explain the recent decision to cut the Mill Bay ferry sometime in 1986.

Aldermen said Monday the action would have a damaging effect on small business in the vicinity of the ferry wharf at Brentwood.

Minister of Finance and MLA Hugh Curtis, will also be asked to explain the actions of the provincial government.

Aldermen said they would not be satisfied with a simple, verbal explanation, they want to see traffic flow charts and communication schedules. (See story A2).

Fish and chips at your door

Like scrumptious fish and chips? Fish fresh from our own Sidney wharf? But no time to pop out for it during the lunch hour?

Sidney Fish and Chip owner Dennis Langlois has a deal going that benefits fish and chip fans and at the same time provides some much needed funds for Sidney Teen Activity Group (STAG).

On May 15 all profits from lunch orders for the day goes to STAG, whose young members of the club will deliver fish and chips to your store (please note: delivery on this day only) office or home — providing you're located in Sidney.

Dennis is putting on lunch specials, so as well as plain old fish and chips you can order oysterburger, slaw and chips (\$4.25), ling cod, slaw and chips (\$2.25), fishburger, slaw and chips (\$3.25).

Sidney Teen Activity Group will take pre-orders starting now, for delivery service call Camille Martin at 656-0134.

The fish and chip shop is located at 9812-5th St. so if you have the time and don't need your lunch delivered, drop in and pick up your own on this special day. Like Dennis, you'll be helping STAG members to help themselves.

Jazz festival for Sidney

By PEGGIE ROWAND

It will be a big boost for merchants, provide two days of delight for residents and attract thousands into the town.

The event is Sidney Jazz Festival and organizers reckon it's "just the thing that could give the town a shot in the arm."

It's set for August, over the bank holiday when some five jazz bands — the Dixieland Express from Victoria, others from Vancouver and Seattle — will invade the town and play in different locations Friday night, Saturday afternoon and evening.

A spokesman for the group working towards the festival says the recent one in Victoria attracted 12,000 people.

At Friday Harbor the annual event draws between 6,000 and 7,000 people and pulls some \$2 million into the little town over a four-day period.

A private, non-profit group is organizing the festival. If you're a jazz lover and want to get involved call John Parker at 389-4458 or Joan Hardy at 656-1131.

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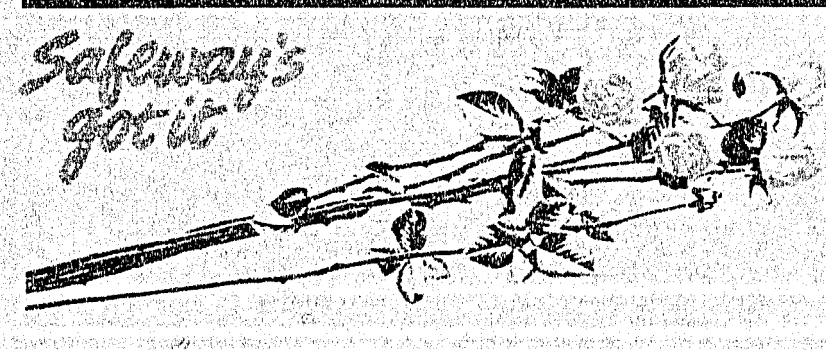


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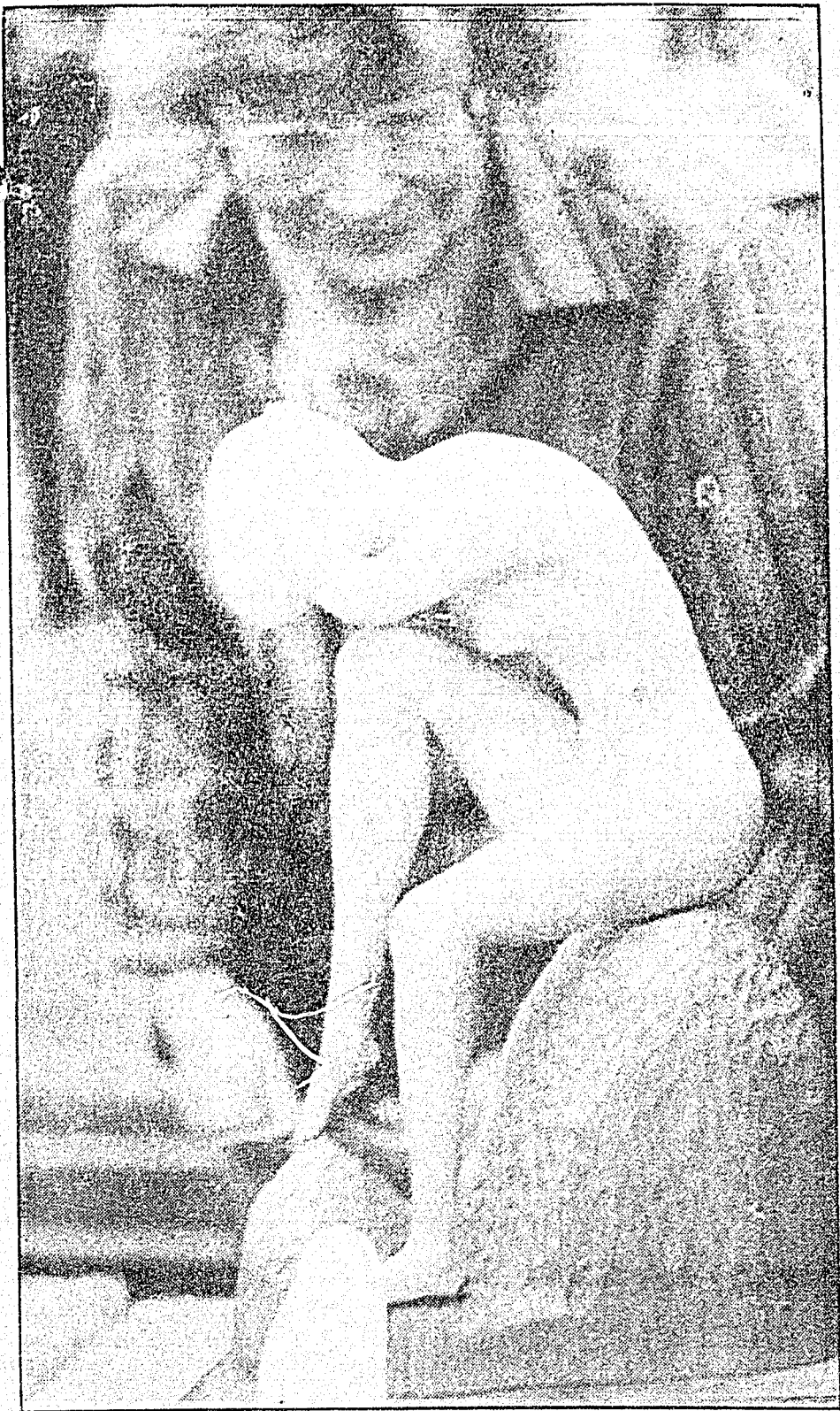
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SAFEWAY

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Art fan inspects nude wood sculpture by M.J. Fairhall during Saanich Peninsula Arts and Craft show Saturday at Sanscha Hall.

Best art show ever?

It was magnificent, wonderful, a kaleidoscope of color and lots of talent. That's the verdict on the Saanich Peninsula Arts and Crafts Show at Sanscha Hall last weekend.

Weaving, painting, silkscreening, pottery, jewellery and much more were set up and color-coordinated in sections. Flowers throughout the exhibition aided the visual effect and delighted visitors who flocked to the two-day display which featured high quality work.

Door prize winners were Simone Stanton (painting by artist Patrick Chu); Kay Townsend (woodcarving by Fred Blanchard); N. Morrow (pottery bowl by John Feesey); Patricia Wilson (woven place mats by Kay Farthing).

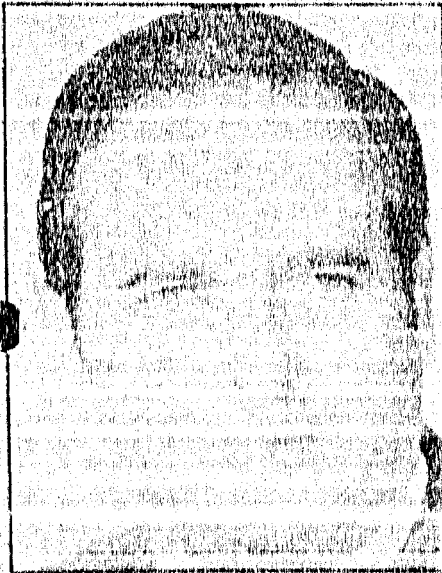
Camera caught thieves

Being on TV may be the ambition of many a starlet but it wasn't what three local male adults had in mind when they dropped into All Points Automotive Centre on West Saanich Rd. last Thursday to steal a little oil.

While someone kept All Points' employees occupied, 26 litres of oil were whisked out the door and into a waiting car. A few hundred cigarettes also were stolen.

When the owner noticed that some of his merchandise was missing, he rewound his video camera, which had captured all the action, and invited Central Saanich police over to see the show.

Police recognized the men as previous offenders, picked them up and laid two sets of their under \$200 on each of them.



Crofton on TV

Equimall-Saanich Tory MP Pat Crofton will be featured live again on channel 10, Saanich Cablevision, 7-8 p.m. May 9. Call 656-5593 for answers to your questions in the phone-in, open-line show.

Ferry closure to hurt stores

By LESLIE ELLIS

Businesses in Brentwood will be adversely affected by the upcoming closure of the Brentwood Bay to Mill Bay ferry run but many commuters will be happy about the change.

B.C. Ferries spokesperson Betty Nicholson said she expects a positive reaction from the public when the new route from Swartz Bay to Garnett Creek replaces the Brentwood run. "The new route is closer to larger areas of population," she said.

"The change won't take effect until the new dock at Garnett Creek (near Hatch Point) is finished sometime next year," she added.

So for one more summer businesses in Brentwood will enjoy the added revenue brought in by ferry customers. Brentwood Gifts and Crafts Shoppe manager E.B. Bujold said the ferry closure decided upon in cabinet last Friday will reduce her business by 20 per cent during the summer months.

"The ferry is sort of a part of Brentwood too," she added wistfully. "I still think they could run the ferry with the start-up money they're spending to build the new dock at Hatch Point," she said. The new dock is projected to cost \$2.5 million.

Ben Wong said he expects the change to reduce business at the Bayshore Family Restaurant by 25 per cent during the summer. "It's going to hurt a little bit, but we've decided we're not going to let it bother us."

"We don't want the ferry to go, but if it's going, there's not much we can do about it. We'll have to make the best of it," he said resignedly.

Main reason for the route change is the dock load at Brent-

wood Bay and Mill Bay was reduced from 20 tonnes to an eight-tonne limit to maintain ministry of highway safety standards. "This restricts commercial vehicle operation," said Nicholson.

The same ship used at Brentwood Bay will service the new route when it opens up next year, but according to Nicholson, the new dock can take a large vessel, if necessary, in the future.

Painting theft

A picture painted by Prospect Rd. Lake artist Joan Ward-Harris was stolen from Winchester Galleries early Saturday morning. Police responded to a burglar alarm call at 5 a.m. and found a window broken and one of the paintings in the current Ward-Harris exhibition gone.

Gallery owner Marilyn Cunningham said Sunday the first alarm came at 2:30 a.m. Someone had scratched and written on the glass, triggering the alarm. The painting was stolen when vandals returned later at 5 p.m., she said.

"It was a mischievous theft and was obviously not taken by an art lover or for monetary reward."

Cunningham and Bernie Russo, part-owner of the gallery, had been worried earlier at the sound of an "all-night party of punkers" located across from the gallery, adding police had received a few calls about the noise.

The exhibition was scheduled to open Sunday and luckily, some swift work by Trans-Canada Glass had the window replaced and the art display opening on time, Cunningham said.

Ward-Harris hopes her painting will be returned. Named *Monarda fistula*, or wild Bergamot (mint family) the 12 by 15 inch painting features a colorful green plant which bears pink flowers. Please call Winchester Galleries at 595-2777 or Ward Harris at 479-2346 if you have seen the painting.

A Victoria police spokesman said investigation into the theft is continuing.

Where are all the girls?

Girls, where are you?

Wouldn't you like to be queen for a year?

Deadline for the Miss Sidney contest is May 15 and there are few entries to date.

If you're shy, think you're not beautiful or don't have a wonderful figure — rest assured those attributes are not important.

It's not a beauty contest in the conventional sense, girls are not judged on their vital statistics and you don't have to parade in a bathing suit.

Judges will be looking for charm, personality and intelligence, someone who will make a good representative for Sidney. If you're attractive as well, then that's a bonus for the community.

If you enter the contest, what can it do for you?

Previous contestants say the experience is invaluable for developing self-confidence and poise. And it's a lot of fun. You'll ride on a float in Sidney Days parade, model clothes in a fashion show and join in many other exciting events.

Anyone who has a daughter, sister or girl friend who would be a suitable candidate — please lend a hand in encouraging her to enter. Last year's queen Rebekah Fricker and princess Janis Crosbie will be on hand offering advice and training.

Application forms are at The Review office, 2367 Beacon Ave. Hurry, please — deadline is May 15.

Highways

Continued from Page A1

through to the Brentwood Bay areas, the letter said.

Roads were intended to serve people and not people serve roads, said Ald. Mike Creasey. The provincial government, in its highway upgrading plan, seemed to be mixed up.

Whatever pressure council is able to exert will be brought to bear on the provincial government.



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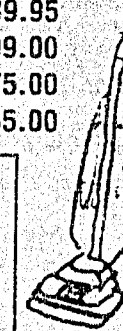
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LICENSED PREMISES



MOTHER'S DAY IS SUNDAY MAY 12th



Let's get behind Fonyo

It was touch and go whether Steve Fonyo would take the Nanaimo route to Victoria or the Swartz Bay ferry, arriving in Sidney and giving us the opportunity to give him a hero's welcome.

And the chances were slight.

But the miracle happened. Organizers announced Monday Fonyo would be taking the ferry May 28 and Mayor Loyd Burdon snapped into action.

And now we'll be able to organize a turnout everyone will be proud to say they attended.

The provincial government has pledged \$1,000 for every km Fonyo runs in B.C. — and that's expected to total \$1 million.

Altogether, run organizer Denny Ryan estimates the final figure on completion of the run will be \$5 million.

Fonyo's *Journey for Lives* began in Newfoundland March 31, 1984. His run has captured the hearts and imagination of people in countries far outside our own borders. His name will be historically associated with supporting cancer education, expanded patient services and cancer research through his run which would be considered impossible by most people who are physically fit.

Fonyo arrived in Kelowna Tuesday with 564 kms to go before he reaches the end of his destination. When he leaves Swartz Bay ferry May 28 he'll run along the Pat Bay Highway to Quadra St. overpass. On May 29 he will complete his 8,000 kms in reaching Mile O in Victoria by mid-afternoon.

When he passes through Sidney we must give this young man a welcome he will never forget. And more. We must, as other Canadians have done, show our respect and appreciation at the awesome task Fonyo set out to accomplish.

We can do that best by making our financial contribution to the Canadian Cancer Society. Sidney Mayor Loyd Burdon has asked *The Review* to spearhead the campaign for funds (see story A1).

Please don't delay in making your donation at *The Review* office.

hubert beyer

At the legislature



Northeast coal has, once again, become one of the hotter political potatoes in the B.C. Legislature.

The reason: the Quintette mine, near Tumbler Ridge, not only seems to stand on somewhat shaky ground but on the wrong one. The mine may have to be relocated.

It's bad enough that the recession has played havoc with international markets and prices for British Columbia's resources. Japanese steel mills which were to buy coal from the northeast fields at top world prices are operating at reduced capacity, drastically lowering the demand for coal. Twice now, the price of northeast coal has been "adjusted downward," as the euphemism goes.

Now the coal hole seems to be in the wrong place, and critics of the giant \$2.5 billion northeast coal project want to know whether B.C. taxpayers will have to pick up part of the cost of relocating the mine. NDP mining critic Bob Williams says it will cost up to \$300 million to move the mine to where it should have been in the first place.

Not so, says Don Phillips, minister of international trade and investment. Williams' figures, he says, are based on socialist arithmetic. According to the information he has, the cost will be about \$100 million, and the government will not pay one cent of that.

Establishing and operating a mine, says Phillips, is a private sector venture. Denison Mines, which operates Quintette, will have to pay for the relocation.

The opposition also wants to know why the government didn't insist on a different location. They point out that government mining experts had advised against the mine's present location. Phillips says the company was not obliged to accept the government's advice. Nor could the government have forced the company to accept it.

I can't go along with that argument. The government has several hundred million dollars invested in the project's infrastructure. The taxpayers financed the railroad into Tumbler Ridge. The taxpayers financed construction of the town. With that much at stake, the government should have put more pressure on Denison to take a second and third look at where to put the mine.

And that's where it now stands. The question now is whether the company will eat its losses and abandon the mine, throwing 2,000 workers on the street or whether it will relocate the mine and hope for better markets and prices.

Judging from all indicators, Denison will choose the latter course. Tex Enemark, president of the B.C. Mining Association, says he can't speak for the company but doubts that Denison will throw in the towel.

Mining is a long-range investment, he says. The industry has always been plagued by the boom-and-bust syndrome. No company will abandon a mine just because things go wrong the first couple of years, he says.

If he's right, the taxpayers have little to fear. They lost nothing as a result of the two price reductions. The province's revenue from northeast coal is not tied to the price of the coal. It's based on tonnage. And after a bit of a lull, shipments out of Tumbler Ridge are going at full steam. B.C. Rail's entire nine-train northeast coal transportation inventory is hauling coal to Prince Rupert where it is loaded aboard freighters bound for Japan.

Things could have been worse. When northeast coal was in its embryonic stage, the NDP tried to pressure the government into taking an equity position in the project. Had the government followed that advice, the taxpayers would now, indeed, have to pay part of the cost of the mine. They would also have borne part of the loss that resulted from the two price reductions.

The project is too big to abandon. Quintette knows that, and so do the banks which put up the money for it.

Banking officials are already meeting with company representatives to work out a solution. Neither the banks nor Denison want to lose the money they've loaned. They will have to find a way of financing the relocation of the mine.



Receiving blessing from Father Ivan Futter, are Saint Bernard Jiles and golden retriever Ransom during Blessing of the Animals service Sunday afternoon at St. Stephen's Anglican Church in Central Saanich. Victoria branch of SPCA is among humane societies across country who chose May 5-11 as Be Kind To Animals Week.

Murray Sharratt Photo

readers' mailbox

Watchdogs

Letters to the editor are no doubt scanned by the watchdog of the education community, who wait, with statistics at the ready, red pencils poised, to pounce on any letter supporting the provincial government education policies.

A very large "tailed" is to be expected.

"Pass" marks are not awarded to the average peasant who pays the taxes.

A.G. LeBlond
2305 Malaview

Minister urges 'demand' rights

Canadians who are now celebrating the attainment of constitutional equalities and freedoms seem to forget that they still do not have property rights in their Constitution.

And, for constitutional purposes, property is much more than real estate and furniture. Property is accounts, farm equipment, pensions, carpenter's tools, union funds and "intellectual property" such as books, in-

ventions and the songwriter's song.

In other words, virtually all the products and rewards of each individual's labour and intelligence are considered as property in a modern Constitution.

In the western world, true democratic freedom has been built historically on four cornerstones, the fundamental right to life, liberty, security of the person and enjoyment of property.

Each of these four rights is linked to and depends in part on the other three. United States Supreme Court had this to say about this linkage in 1972:

"Property does not have rights. People have rights. . . In fact a fundamental interdependence exists between the personal right to liberty and the personal right in property. Neither could have meaning without the other. That rights in property are basic civil rights has long been recognized."

For example, what good is a constitutional right to freedom of the press if there is no constitutional right to own a printing press?

Old inequalities that existed in our historic Common Law rights to life, liberty and security of the person may be on their way out,

but old inequalities can still exist where the products and rewards of our labour are concerned.

We must remember that a powerful minority of Canadians do not believe the average citizen should have constitutionally guaranteed property rights — that's why they were not included in the Charter three years ago.

And these people do not necessarily have political motives. They include, for example, many provincial and municipal officials who want a continuation for their own convenience of draconian expropriation laws that exist in too many places in Canada.

British Columbia, the Yukon Territories and New Brunswick are the only legislatures that have supported constitutionally guaranteed property rights by adopting resolutions. Everyone else, including the present and previous federal governments, have avoided passing constitutional amendment resolutions.

I urge the people of British Columbia to demand that their federal representatives start the ball rolling by passing a constitutional property rights amendment in parliament.

Garde B. Gardom, Q.C.,
Minister,
Intergovernmental Relations.

looking back

60 YEARS AGO

From the May 7, 1925 Review

Workmen have just about completed the work on Second St., from Beacon Ave. to the ferry wharf. The road is a delightful sight to the eye of good road advocates, being built up from a substantial rock foundation that has been "gently" imbedded in place by a little roller weighing 12 tons.

50 YEARS AGO

From the May 8, 1935 Review

The first game of the baseball season took place at Memorial Park, Sidney, when the Stockers, of Victoria, trotted out a snappy nine to defeat locals to the tune of 14-4.

The committee in charge of the big program of sports planned for Queen Victoria's birthday, Friday, May 24th, at Memorial Park, Sidney, is now informed that a number of Victoria athletes will compete in the open events. An effort is also being made to induce the South Saanich Hill Billies to appear on the scene dressed as the "Toonerville Band."

40 YEARS AGO

From the May 9, 1945 Review

Germany surrenders, peace in Europe. Thousands thrill to the long-sought news, cessation of hostilities in Europe.

Residents of Sidney and district were aroused shortly after seven o'clock on Monday morning by the moan of an air raid siren. Four long blasts gave the glad news to thousands within hearing of the sound.

Response was quick. Immediately pyjama-clad figures could be seen hauling flags and bunting to flagpoles and buildings. The population awoke to the knowledge that this was the day, V-E Day.

30 YEARS AGO

From the May 11, 1955 Review

Veterans of wars in which the British Empire was engaged prior to 1918 assembled at Saanichon Masonic Hall on Saturday evening for their annual banquet. A number of Boer War veterans were honored by their comrades during the evening. Tom Taylor, associate editor of the Daily Colonist, was the principle speaker, dealing at length with the Victoria Cross.

20 YEARS AGO

From the May 5, 1965 Review

Earth tremor last Thursday morning that resulted in millions of dollars damage in Washington State triggered a good deal of conversation but little damage on the Saanich Peninsula.

Several residents of this area reported cracked plaster, and one Deep Cove resident said she has been unable to open her front door since the quake.

In the Victoria Musical Festival, Hazel Nunn brought honors to Sidney by coming first in the grade "B" Sacred Solo contest with 84 points.

10 YEARS AGO

From the May 7, 1975 Review

Most small grocery store owners in Brentwood and Sidney will be selling beer this summer if an amendment to the liquor control act is passed in the legislature.

Norman Watling of Stan's Grocery in Sidney said, "The proposed law is a terrific ideal. It's about time the government smartened up about liquor regulations."

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Hugh's Views

By Hugh Nash



In case you missed it, Provincial Secretary Jim Chabot, after considerable lobbying by an interested segment of the agricultural community, has proclaimed May to be "M-m-m Mushroom Month."

Another little known fact is that B.C. residents eat more mushrooms per capita in a year, about six pounds, than do residents of other Canadian provinces — and this is counting only the commercially grown fungus. The counters didn't even attempt to dream up a total poundage for the hundreds of thousands wild mushrooms, both silly and serious, pulled from the earth each year by kids and connoisseurs.

Hundreds of mushroom varieties are written up in various books but these books, at least the ones I perused immediately following Jim's m-m-marvelous decision, are incomplete.

At least five varieties of the mostly-water, pseudo-vegetables have not been included and it is to fill this void that I give you the following.

Voteric Noncompus mempus
Cap - usually capless. Caps often sold to make ends meet.
Pores - ooze red liquid at all seasons. Caused by constant pressure on food source by the taxum collectus, a sub-variety of civillariella servantum.

Gills - usually green.
Stem - a drained white. Slender. Little meat.
Remarks - found throughout B.C. at all times of the year. Brighter (with hope) just before elections, otherwise listless. Whiteness caused by both draining and being constantly covered with layers of male cow manure tossed by the politico bombastica.

Politico Bombastica
Cap - forever turning from side to side. Wide slit looks like a grin but really just a manure spreader.
Pores - none.
Stem - usually tall, meaty and healthy from constant diet of pig

from barrel kept full by taxus collectus. But very pliable. Bends with even the slightest breeze.

Remarks - in months before elections found everywhere. Otherwise very illusive except in patches of civillariella servantum. Poisonous. Best avoided.

Civillariella Servantum
Cap - very big. Hard to see what's under it. Same uninteresting colour as stem and gills — dull grey.
Gills - ooze statistics which fall off and fed on by other smaller civillariella. Therefore self-perpetuating.
Stem - silky smooth. Slippery and hard to get a grip on making it difficult to uproot or cut off.
Remarks - found underfoot everywhere and all the time. Growth starts in small spot and spreads quickly in an expanding ring until all available area is interested. Most prolific fungus in the world in spite of periodic attempts to eradicate or decimate. Not poisonous, but not palatable. Bland. Impossible to ignore, as is the teacherous disappearance.

Teacherous Disappearance
Cap - never on top. Often in hand.
Gills - only mushroom to give off a sound. A sort of a constant whine that sounds like "more, more, more."
Remarks - Some seen only between 9 a.m. and 3 p.m. while others available in and around schools from early morning until after dark. Seems to depend on character. A slowly disappearing variety, hence the name, as excessive growth in prior decades consumed now scarce food source. Younger ones delicious but often crowded out by older, drier ones. Avowed enemy of business introublica.

Business Introublica
Cap - multi and bright coloured. Wide and wild variety of shades and shapes.
Pores - open and bleeding. Usually found surrounded by snapping civillariella and in constant battle for growing space.
Stem - half covered with red tape but still fighting to live.
Remarks - usually concentrated in urban areas but hardy individuals found in small groups or alone where ever voterics live. A sturdy variety and hard to kill. Spring up where least expected; some last only a season or two. Tougher, and therefore least palatable, these ones fight back when threatened and are successful. That's why they're not liked by other varieties.

There are others, like the Economist Confusicus which is harmless in the long term but causes many a stomach ache in the short run and is easily recognized by its wrinkled top caused by constantly wondering what went wrong, but I've run out of room.

Someone should put together a book which would include only these common but too often ignored varieties. Maybe M-m-marvelous Jim will write it.

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Evelyn Moore, area co-ordinator for B.C. Heart Foundation accepts donation from teacher Ken Babcock who organized successful skip-a-thon at Keating elementary. Students raised \$2,500, some \$1,600 over original goal. Only top money earners were present at cheque presentation. There were 70 students involved in the event.

Sludge pilot project underway

During the next six weeks, the Capital Regional District will be experimenting with sludge.

At last week's sanitation and water committee meeting, directors accepted a staff engineering recommendation to spend up to \$30,000 on a pilot project to see if the concentrated muck now pumped into the sea from the Bazan Bay sewage treatment plant can be injected into farmers' fields and become a soil nutritioner.

The province's waste management branch has told the CRD that effective July 1, no more sludge can be sent seaward because of increasing pollution problems.

The half-inch-thick engineering study rejected other alternatives of either drying up the sludge and trucking it to Hartland Rd. dump or hauling wet sludge to the Cecilia septage station and piping it to the sea through the northwest trunk sewer line. A 20-year cost projection indicated the land disposal alternative was slightly cheaper than either of the other two and more environmentally sound.

The Bazan Bay treatment plant now produces 2,500 gallons of sludge a week or about five per cent of the total sludge dumped into the sea from peninsula sewer systems. The Central Saanich plant near Cordova Spit produces 56 per cent and the Sidney plant 39 per cent.

The Bazan Bay outfall discharges its sludge into only about 15 feet of water while the Sidney and Central Saanich outfalls end at 40- to 50-foot depths.

Seventy-two per cent of the pilot project's cost will be paid for by Sidney, 25 per cent by Central Saanich and three per cent by North Saanich.

If the pilot project proves to be beneficial and cost efficient, consideration will be given to disposing of the sludge from the other two plants on agricultural land.

The sludge will be injected under the soil surface by special injection equipment and not sloped on top. After injection, two months must elapse before cattle or other animals are allowed to graze and 18 months must go by before crops for human consumption can be grown.

Man charged in auto theft

Central Saanich police Const. Peter Snell picked up more than he bargained for Sunday when he stopped a car for speeding just before dinner time.

A check with headquarters indicated the car had been stolen three weeks earlier in Colwood and the 19-year-old driver was charged with auto theft and various other infractions of the Motor Vehicle Act.

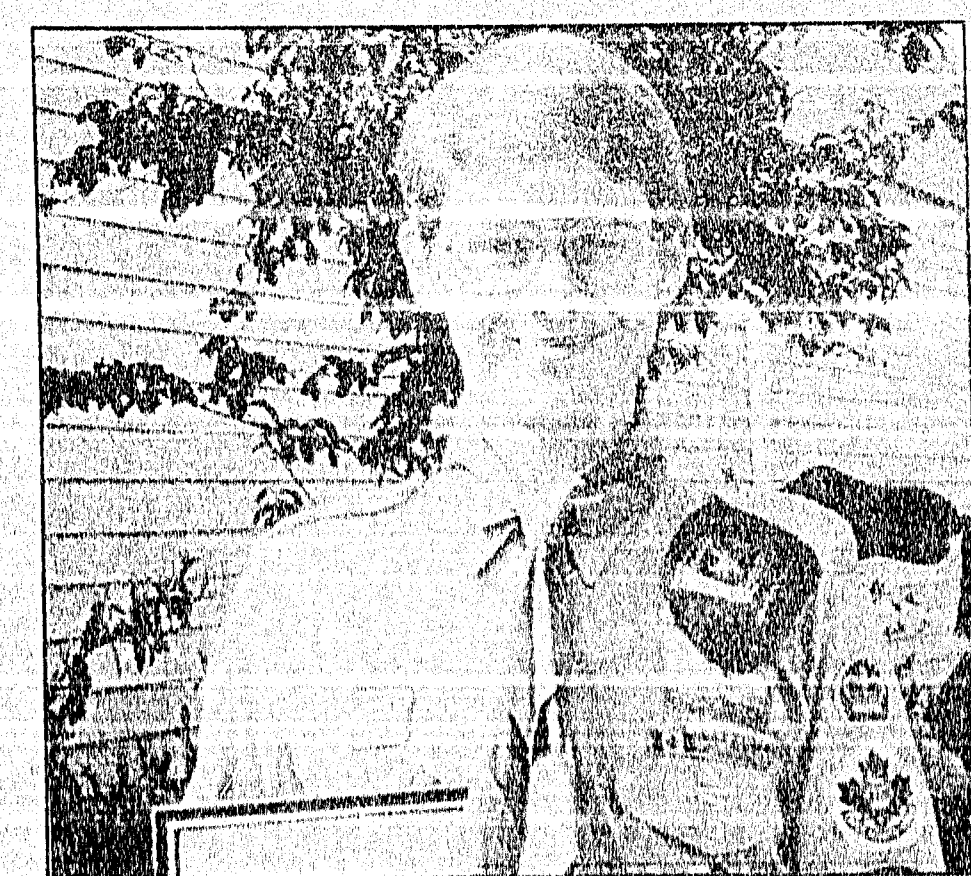
The license plate was also stolen and so was the decal on the plate.

In other police news, a 12-year-old was guilty of but not charged with theft under \$200 when he was caught following a door-to-door deliverer of free pop samples. He received a severe talking-to instead.

The same punishment was given six youngsters between the ages of 11 and 13 after they were caught trying to steal a radio May 3 at midnight from a car parked on Mount Newton Cross Rd.

A 28-year-old Mount Newton Cross Rd. man was charged with impaired driving May 4 after the car he was driving collided with another vehicle driven by a Washington State visitor on Highway 17 near Mount Newton Cross Rd.

Damage to the two vehicles totalled \$4,000. There were no injuries, police said.



Robert Stevenson proudly displays plaque he was awarded for becoming Queen's Venture scout, the highest award in scouting.

Top scouting award

Robert Stevenson earned the highest award in scouting last month when Lt. Governor Robert Rogers presented him with a plaque naming him a Queen's Venture.

To earn the award Stevenson volunteered 25 hours of community service and demonstrated a special skill. He led a scout camp in Saskatchewan, where he lived for eight years.

Stevenson and his family moved back to Sidney in September. Robert is now the leader of the 1st Tsartlip cub pack, of which he was a member eight years ago.

Robert, who will be 17 this

month, also had to earn the Duke of Edinburgh award to attain Venture status. He led a 50-mile hike on Cypress Hill in Saskatchewan, showed special skill in stamp collection, demonstrated personal fitness by playing soccer in Regina as well as joining the Parkland school soccer team this year, and fulfilled the service work requirement.

"You have to do 60 hours for this award. I did 91 myself," says Robert, who will be presented with the gold Duke of Edinburgh plaque in Banff in August. Prince Philip will present the award personally to the deserving Venture.



Garden & Patio Time

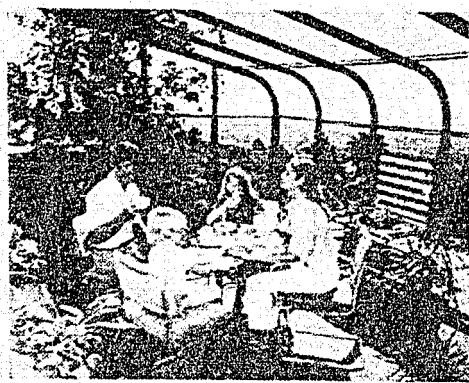
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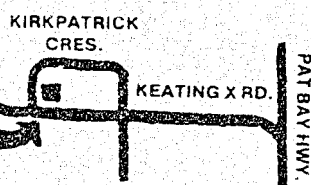


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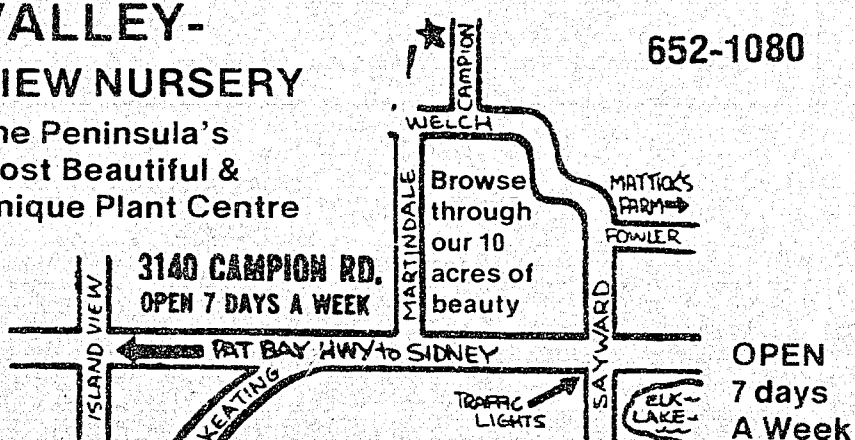
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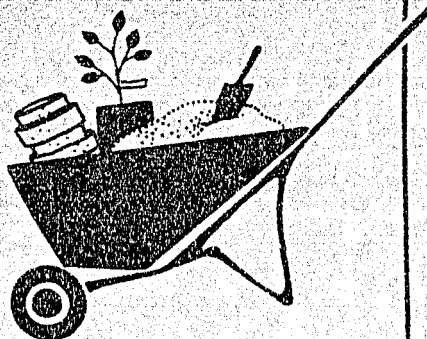
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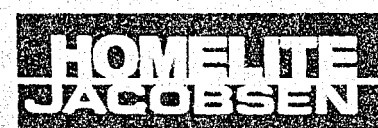
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Newman can still beat'em all

Sidney's John Newman has done it again.

The 80-year-old ran away with the mixed rowing race Sunday in the Victoria Heritage Festival Regatta held at the Gorge.

Newman was some 10 seconds in front of all other boats, Paul Gartside said Monday.

Gartside Boat Builders of Sidney sponsored a team in the lifeboat race and the 14-man crew, otherwise known as the Sidney Salts or the Shipwrecked Mariners, were just "pipped at the post."

Gartside, who captained the boat, said his crew was aged between 15 and 80 and included Newman.

There were some other winners from the Saanich Peninsula — Tartslip Indian Band's Geronimo 2 captured the 11-woman war canoe race and the 11-man race.

Clarage winner in Kelowna

Sidney Clarage Motors, winners of the Vancouver Island men's division 5 soccer league's regular season and runner-up in the playoffs, enjoyed a successful weekend in Kelowna, winning the Kelowna Elite soccer tournament.

Playing in warm, ideal conditions, Clarage opened the four-team tournament with a 1-1 tie against host Kelowna Elite. Tom Elwood, a pick-up player, scored Sidney's lone goal with just five minutes gone in the game.

In game two, Sidney again struck early with Andy Kite doing the honors at the five-minute mark. Kevin Mathews added an insurance marker at 60 minutes and Clarage held on to a 2-0 victory over Kelowna Capri.

In the final game Sidney clinched the title by upsetting tournament favorite Penticton Soccer Club 3-1 on goals by Jeff Garner, Bob Lee and Elwood.

Sidney had strong performances from winger Steve Clifford, midfielders Darren Bohnet and Darek Walsh and defenders Steve Hills and Ian Myerscough. Also having a good weekend was goalie Steve Gibb.

GWG Rentals capped a successful season in division 4 youth soccer on the weekend by winning the Cowichan Valley Moose tournament.

The Rentals opened the tournament with a 3-0 win over Salt Spring thanks to a pair of goals by Jerry Cross. Cross also set up GWG's other goal scored by Dale West, who also had one helper. Chris Martian, who played in net for the first time all season, picked up the shutout.

Cross hit for two more goals in game two, but the Rentals surrendered four second-half goals and lost 4-3 to Duncan. Wesley Nelson got one goal back for the Rentals late in the contest.

Despite a 1-1 record, the Rentals advanced to the tournament final where they took care of Duncan 5-0 in a rematch.

Scoring for the winners were Laszlo Safranyik, Warren Brander, West, Graeme Stacey and Ian Bramfield, who also had three assists. Martian made several "spectacular" saves to record his second shutout in three games.



John Newman hits his stride in workout on Elk Lake.

Murray Sharratt Photo

Batters lay on the lumber

Pitchers Cheryl O'Connell and Gina Hardy combined to earn Prairie Inn Brewers a 3-3 tie with Langford in midget girls softball action Wednesday.

In bantam action last week Mitchell Brothers split a pair of games, losing to Esquimalt and posting a victory over the Dolphins at Lockside Park.

In the win, Margo Longhurst relieved Maria Stevens in the fourth inning and held the Dolphins off the score board. Chris Hummell and Tara Vicker were the big guns on offence, crossing the plate four times each.

In pee-wee, Country Kitchen Batters got a pair of triples from Trisa Bicter, one in the second inning and another in the fifth, but lost 9-6 to Hampton. Shannon Sandberg on the mound and Jenny Skaber behind the plate, both had strong games in a losing cause.

On Sunday the Batters turned things around with some heavy lumber at the plate and downed Millstream 11-8.

Sandberg connected for a homer in the fifth and Tania Boon added another in the sixth. Jody Barnett and Angie Wilson provided strong outfielding for the winners.

Sports Shorts

Parkland school is hosting a grad volleyball reunion tournament for all girls who played volleyball at the school since 1976. About 70 girls have been contacted to attend the event scheduled for May 18. For more information contact Ray Spencer at Parkland.

Central Saanich Little league's players of the week in the Majors are Troy Wall from Columbo's Pizza, Bob Sacharias from Brentwood Supermart, Joe Gregory of Oak and Barrel and Nick Parsons of All Points Automotive.

Mixed Nuts defeated Hiway Supermarket to win Sidney Slow Pitch's annual Ice Breaker tournament April 19-21. Hiway knocked off Pro Com in the semifinals of the 18-team tournament and then handed Mixed Nuts their first loss, but were unable to beat them twice in a row.

Sidney Anglers will host the 1985 Lucky Strike Fishing Derby on Mother's Day May 12. The derby is open to everyone and the mother who pulls in the biggest catch of the day will win a special prize.

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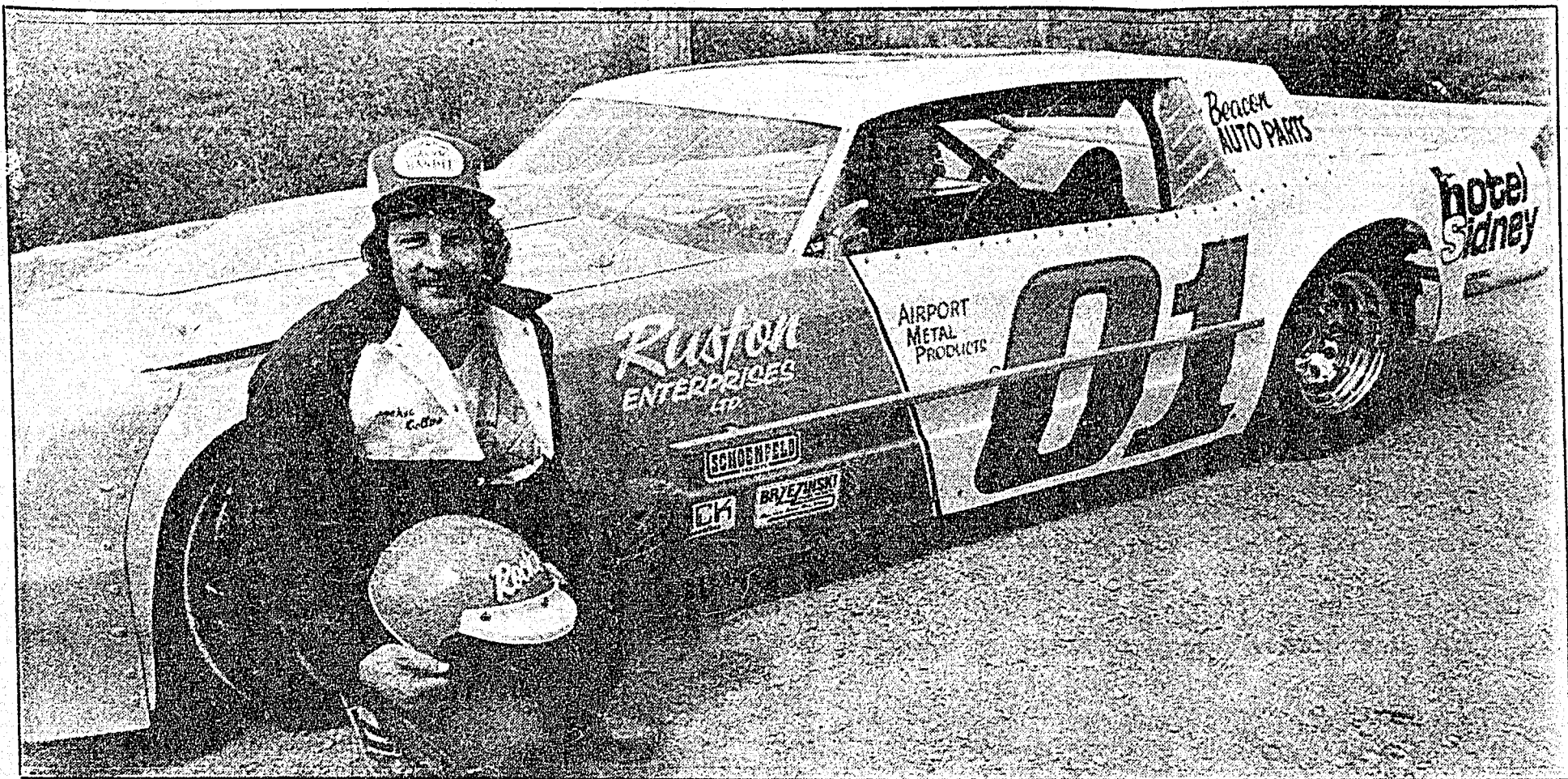
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Brand new 1985 Monte Carlo has brought Rockie Collins little luck so far this season at Western Speedway.

Murray Sharratt Photo

Collins untested in new car

Luck, either bad or good, is something race car drivers don't like to talk about. It's a variable like the weather in a football or baseball game and they hate to admit when it becomes a factor in winning or losing a race.

As a stock car driver, Rockie Collins has seen both sides of the coin in the last two events in which he's raced.

In the final race of the 1984 Western Speedway season Lady Luck eventually prevailed on the side of Collins, helping him clinch the points championship for late model stock cars, but not before a number of bizarre happenings.

Dave Taylor was leading the points parade going into the last race of the season, but his hopes of winning the championship went up in smoke when his motor blew in the main event.

The door was left open for Collins, who had to finish fifth or better to win the title, but a broken rocker arm dropped him from among the front leaders to 11th place.

Amazingly, the rocker arm fell right off and Collins had enough juice on seven cylinders to finish second and clinch the points title.

A sudden turn of events can win or lose a championship for you, says Collins, who, by no fluke, also won the driver of the year award.

So far this season Lady Luck hasn't been as kind to Collins and his crew of nine out of Skip Crawford's Central Saanich garage.

The first big test for Collin's brand new 1985 Monte Carlo, equipped with a 9.5-1 350 chev motor, on opening day April 25 proved to be a disaster.

Collins had the quick time of 18.27 seconds in a heat race — last year's fastest time was 17.27 set by Collins in a buick — but lost an axle in the first race.

The crew, however, had that fixed in time for Collins to win the next heat only to have the motor go in the main event.

"It's not a very good way to start the year," suggested Collins, a 29-year-old Sidney resident who races the Saanich Peninsula's lone stock car. "You have to learn to live with mechanical problems in this sport. They (the cars) are always breaking down."

Saturday morning the crew, exhausted from another long night, had just installed an exhaust system and were fine tuning a rebuilt motor, which had returned from the factory in Tacoma Washington two days before. Everyone was hoping the car would finally get a chance to prove itself later that day at Western Speedway.

The crew plays an enormous role in stock car racing, says Collins. "You can't race by yourself. You can be the best driver and have the fastest car, but without a crew you're nothing."

Collin's supporting cast — Skip Crawford, Russel Crawford, Tom Brooks, Craig Douglas, Eric Eglund, Mike Carter, Warren Johnson,

Derek Diedricson and father Maurice Collins — have been working on the car five days a week since Christmas. The crew takes a great deal of pride in winning the last year's best appearing car award.

"We really haven't had a chance to sort it (the problems) out, so we don't know how it will compare to last year's car. It's basically the same design with a few improvements and a lot more money in it."

The white and blue Montre Carlo, which sits on a camero-style chassis is worth about \$20,000. The chassis was built by Dave Smith at Professional Components in Sidney, the motor was imported from Tacoma and the rest of the car was put together at Crawford's garage.

Winning the points championship and driver of the year was the biggest thrill of Collins career, but a repeat performance this year will be incredibly tough, he says.

"We've always been close to winning the championship (third in 1983 and second in 1982), but never won it. It's fun working your way to the top, but once you get there it's hard. There is a lot more pressure, everyone is looking out for me now."

Collins has been racing cars since 1974. He retired for a year in 1977, but returned to the sport and has stuck with it because of the support given by his father "and the whole family".

And being from Sidney has been a big advantage, explained Collins. "We have some really good fans here, it's kind of handy being the only car from the peninsula. I'm not just another driver from Langford."

Rifle team scores

The Annual Parent/Cadet Banquet of the 676 Kittyhawk RCAC was held April 25

Sgt. Shawn Williamson will be taking his flying at Pat Bay, Sgt. Derrick Brown and LAC Duncan Clarke, gliding at Princeton, LAC David Harvey, technical training at Bordon, Ont., and Sgt. Sybil Pottery, senior leaders at Cold Lake, Alta.

Kittyhawk's senior rifle team placed first in the Lord Strathcona Trust Rifle Competition and will receive the Strathcona Shield for Rifle Proficiency. The competition is open to all cadets - air, sea and land in B.C.

On April 21 a rifle team comprised of half first-year shooters attended an annual competition in Cloverdale and placed second.

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Getting a grip on Claremont's Darren Reisig, Steve Starling of Parkland performs flying tackle during Greater Victoria

high school rugby match at Parkland. Defending champion Panthers were thrashed for second straight week.

Murray Sharratt Photo

Spartans' victory family affair

By MURRAY SHARRATT

Back-to-back thrashings at the hands of Oak Bay and Claremont have put any hopes Parkland Panthers had of repeating as Howard Russell Cup champions on the back burner.

Still staggering from a 48-6 loss to Oak Bay the week before, the Panthers fell victim Thursday to one of the most talented back fields seen for some years in the Greater Victoria high school rugby league and were crushed at home 47-3 by the Spartans.

The victory left Claremont with an unblemished 5-0 record in the Howard Russell Division — and 10-0 on the year. The Spartans, who have claimed the league title and a berth into B.C. high school championships, will open the playoffs May 13 against fourth place Mount Douglas, which edged Stelly's Stingers 9-3 Thursday for the final playoff berth. Third place Parkland, 3-2, will meet fourth place Oak Bay, 4-1.

The Spartans, who have averaged 7.5 tries per game in amassing 378 points in just four league games, were truly awesome in the backfield, running the Panthers ragged, particularly in the second half.

"People keep telling me there are ways of keeping the boys from scoring (running up the score), but I haven't found it," Claremont coach Peter Simmonds told The Review Friday.

The Gait and Pepper twins accounted for six of eight Claremont tries, the only players not assisting in making the Claremont victory a family show were Darren Reisig and Tim Beaumont, with a try each, and Jim Stewart who booted six conversions and a penalty goal.

"We were fortunate to get enough ball to our backs and they were vastly superior. But I take no credit for that. We are just lucky to have such an excellent crop of athletes at this school," said Simmonds.

Parkland coach Don Burgess agreed.

"Their backs are the best I've seen in high school rugby for some time."

Flanker Paul Gait had two tries, while twin brother Gary, an all-star in every sport he plays, opened the scoring with a nifty weaving run before the game was 15 minutes old. Grant Pepper also had two tries and brother and stand-off half Greg crossed the line once.

All four lead a hectic sports schedule, which includes, beside school activities, playing with the Vancouver Island 17-and-under lacrosse team and the Esquimalt Legion Junior A club.

The game didn't really mean that much to either team as far as final standings, but Simmonds pointed out that it's a real source of pride for both teams when the two square off because of the peninsula rivalry.

Panther victory would have created a three-way tie among Claremont, Oak Bay and Parkland. But the outcome, which probably would have been decided on points for and against, wouldn't have changed.

The Panthers were not a healthy club going into Thursday's game. Missing from the lineup was Greg Lewis, who the Panthers really needed if they were to come anywhere close to matching Claremont's speed and mobility in the back field. As well, Richard Molnar, who compliments Lawrence Tarasoff so well at the other prop position, left the game early with a rib injury. And Darren Noble played, but was suffering from bronchitis.

With all those things taken into account, "we still would have been beaten," admitted Burgess. "We just got whopped by a better side."

Burgess, however, said the team wasn't prepared to just roll over and die.

"We're going to have a damn good run at Oak Bay. The most important thing for us is to get healthy."

The Panthers have a week to mend their wounds and their pride.

At Mount Douglas the Stingers had all kinds of chances, but were unable to capitalize and fell by six points to the Mountinmen.

The loss sent Stelly's to the sidelines for the remainder of the season.

We should have won it," said a disappointed Stingers coach John Wenman. "We probably had the better of the play, but they got the kickable penalties. We had numerous opportunities, but couldn't finish them off, it was frustrating not being able to get one across."

The Stingers had one try called back in the first half after a lengthy goal-line stand by the Mountinmen. Tim Bolton finally put Stelly's on the board in the second half, but by that time it was a case of too little too late.

Stelly's, which was involved in pretty much a re-building year should be a real threat a year from now.

"Theoretically we should be quite strong next year because we're not losing that many grade 12s. Although we haven't set the world on fire, this year was quite an improvement for us."

BMX Winners

The following were winners at the Greater Victoria BMX Association single point race May 5 at Centennial Park in Central Saanich:

Heather Kirkman (trike), Jay Bessenoinder (5-open), Brian Nesbitt (6-novice), Melissa Lashpshinoff (6-novice girls), Lonnie Smith (7-novice), Adam Hancock (7-open), John Lashpshinoff (8-novice).

Marissa Dale (8-expert girls), John Lashpshinoff (8-open), Ian MacDonald (9-novice), Jeremy Bartley (10-12 beginner), Ryan Smith (10-novice), Jessica Cream (11-novice girls), Cory Bogart (10-11-open).

Trevor Jarvis (11-expert), Jon Ellis (12-expert), Clark Wijohn (13-expert), Suzie Wijohn (13-expert girls), Arron Laithwaite (14-novice), Doug Morrison (14-expert), Dave Pittenberger (12-14-open).

Ben Bowker (15-novice), Kevin Benson (15-expert), Dwayne Huebswerlen (15-open), Martin Gates (16-expert), Bill Gray (16-17-open), Clark Wijohn (13-15 cruiser), Trevor Kerr (22-35 cruiser).

Sidney woman to compete in bridge championships

A Sidney woman, Toni Conner, is a member of a Victoria team from the Duplicate Bridge Club which will compete in the Canadian Ladies' Team Championships in Halifax July 2-6. The team qualified by placing second in playoffs at Nanaimo where some 16 teams from Vancouver, Victoria and Parksville took part.

This will be the first time a Victoria team has gone to the nationals.

The Peninsula Soccer Club wishes to thank all those who helped make the end of the 1984/85 season Jam-boree a great success. Special thanks to: Old Country Rentals, Weston Bakeries, Goodwill Bottling and especially Thrifty's Foods for its generous support. Any business or member of the public that wishes to support the club by sponsoring a team should contact Simon Deane, Box 17, 2215 Canoe Cove Rd., Sidney, B.C. V8L 3X9 or call 656-3498.

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Gym national for Victoria

Some 350 athletes from across Canada will compete in the National Gymnastics and Trampoline Sports Championships May 15-19 at the University of Victoria's McKinnon Gym.

The Victoria event along with several other major gymnastic meets will serve as a qualifying base for Canada's national team for the 1985 World Gymnastic Championships November in Montreal.

Both trampoline and power tumbling competitions will be included in the national championship for the first time.

Like artistic gymnastics, trampoline athletes must compete in compulsory and optional routines on single trampolines or the "synchro-tramp" event, where two athletes perform 10 tricks simultaneously on two separate trampolines. The other event is the "double mini-tramp" where athletes mount an elevated ramp, do a trick off it onto a mini-tramp before dismounting.

Power tumblers, which perform acrobatic routines on an 80-foot sprung runway, must also compete in compulsory and optional routines.

Of the three sports represented at this year's national event, artistic gymnastics is best known.

Thanks to world class athletes like Nadia Comaneci, Mary Lou Renton and Olga Korbut, the sport has enjoyed a rapidly growing profile during the 10 years.

At the 1984 Olympics in Los Angeles, Canada's women's team placed fifth, while the men's team managed a 12th place finish. Most of those Olympic gymnasts will be competing in Victoria.

Men will compete in pommel horse, parallel bars, rings, vault, floor exercise and highbar. The women face four challenges — beam, floor exercise, vault and uneven bars.

As part of the opening ceremonies, which start at 7 p.m. May 15, former Canadian senior champ Philip Delasalle will perform on the highbar, while Vancouver's Rusty Pierce will take a turn on the trampoline.

Dancers and gymnasts from Vancouver's Flicka Gym Club and the Firecrackers, five and six-year-olds from Victoria's Falcon Gym Club, will also perform. As well, some of the top men and women body-builders from the lower mainland will put in an appearance.

Admission for the championships are \$6 a day for adults and \$4 a day for students and seniors. Four-day passes are available at a cost of \$4 for adults and \$12 for students and seniors.

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Merchants blow hot and cold

Little was accomplished in determining a list of strong and weak teams in the second week of the Sidney Men's interlocking softball schedule with Macdonald Park.

And there was no shortage of runs or top notch pitching by winning teams.

On Tuesday Hotel Sidney clobbered Canterbury Inn 9-0 in an interlocking game at Sanscha park and Victoria Merchants crushed Peninsula Merchants 11-0 in another interlocking game at Macdonald Park.

In Sidney Gary Styles did all the damage as he tossed a no-

hitter and drove in four runs as well. Styles, who struck out five batters walked two, belted a two-run homer in the second inning that spurred a five-run inning for Hotel.

A no-hitter was also recorded at Macdonald Park as Steve Giles was outstanding on the mound. Brad Laroy's three-run homer was the highlight of the Victoria Merchant's 11-run outburst.

Five Star Paving picked up its second victory of the young season as they knocked off league newcomer Cordova Bay Bays 5-0 at Sanscha Park Wednesday.

Pitching was again the main winning ingredient as Ed Pfeiffle

chucked a four-hitter. And Dan Thomas led the offence with his second homer of the year.

Hotel, who had little trouble with Canterbury Inn on Tuesday, found a mitt full against Peninsula Merchants Friday and were thumped 14-0.

The Merchants, fully recovered from a white washing at the hands of their Victoria cousins three days earlier, got star pitching performances from Gary Styles and Terry Morphy, who combined for a no-hitter.

Wayne Carlow slamed in five runs to lead the onslaught, but Morphy was no slouch at the plate either, smacking a home

run in the fourth inning. And Shane Griffey was perfect at bat with three hits on three trips to the plate.

On Sunday, the up and down, sometimes hot, sometimes not Peninsula Merchants had the table turned on them as Harvey's Sporting Goods belted four homers in racking up a 13-3 victory.

Don Orr and Perry Prince hit a pair of homers each for the winners.

A scheduled game between Harvey's and Five Star Paving April 29 was cancelled due to a wet field at Sanscha Park.

Gribbs, Wagner lead assault, crush Saanich pee-wees

Greg Cribbs and Mike Wagner combined for 11 points as Peninsula Seaboard Properties crushed Saanich 10-1 in a pee-wee (5 and 6-year-old) lacrosse game last week at Centennial Box in Central Saanich.

Cribbs struck for four goals and added three assists, while Wagner, playing on the same line, contributed with a pair of goals and two assists. Other Peninsula goals came from Cribbs' and Wagner's linemate Rich Littlejohns, Joleen Hook,

Blair Fisher and Blain Drury, who was a dominant figure on defence.

The victory evened Seaboards record at 1-1. The Peninsula squad lost its opening game of the season 5-3 to Victoria-Esquamalt the week before.

Cribbs, Hook and Fisher accounted for Peninsula's scoring in that game with a goal each. Brian Mcdermid had a strong game in net for the losers.

Coach Dennis Rice admitted his team needs more work on defence, but feels that will come

along with practice.

"The important thing is that everyone is working hard and the potential is there."

Central Saanich Firefighters also find themselves at the 500-mark after two weeks following a win, a tie and a loss in division 9 and 10 tykes.

Shawn Verhagen, Brent Wigmore and Ryan Pointer all scored hat tricks as the Firefighters clobbered Esquamalt 13-2 in a game May 1 at Panorama.

Tong Ward and David Travis rounded out the scoring with two goals.

In previous games the Firefighters battled to an 8-8 tie with Esquamalt, but lost the season opener April 24 9-7 to host Juan de Fuca.

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Bowling

By Lyall Riddell

As this is the last column for this season, Glen, Betty Wilson and myself thank all the bowlers we had with us throughout the season and wish you all a very happy summer. Hope we see you all next September.

On Sunday morning, May 5, three teams from Esquamalt and four from Sidney bowled off for \$850 prize money in the Team Bowl Tournament. About \$650

of the prize money came from the 65 teams who entered the qualifying round. Wilson's Bowl-A-Drone and Miracle Lanes donated \$100 each.

The winners were:

Happy Wanderers (Esquamalt Seniors) took first place and \$500. Finishing second and collecting \$250 was Sidney Commercial League's Satellite Cohoes and third place and \$100 went to the Hopefuls of the Sidney Seniors.

Congratulations to the T-Birds, winners of the A division of the Commercial League, who bowled 3471-166 pins over second place Toby's Raiders and also to the Sand Pipers, winners of the B division, who bowled 3293-35 pins over second place The Pils.

For open bowling or reservations please call 656-2431. Bowlers are needed for the Spring League Wednesday mornings.

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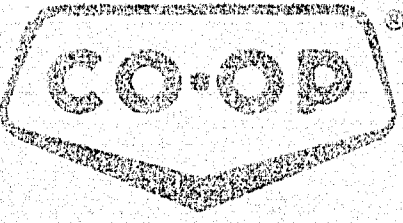
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			COUNTRY MORNING PICKLED CORNED BEEF	CRY-O-VAC. \$5.93/kg	\$2.69 lb.

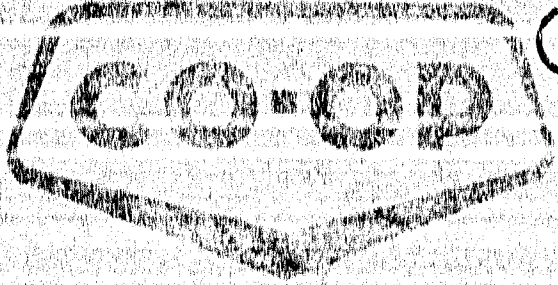
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BATH TISSUE	ROYALE. 8's	\$3.19	ROYALE PAPER TOWELS			MARGARINE	CO-OP COLORED. 1.36 kg	\$2.29
HEAVY DUTY FOIL WRAP	CO-OP. 25'	\$1.59	2 Roll pak.	99¢		COOKING OIL	CRISCO SOYBEAN. 1 litre	\$2.49
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Art demo delights shoppers

Instead of the usual chairs and couches, a live artist graced the front windows of Island Furniture last week.

Ruth Anstey was one of seven local artists who demonstrated their work around town during Local Art Appreciation Week. The event not only promoted local artists, but drew attention to the annual SPAC show held last weekend at Sancha Hall.

Anstey demonstrated spinning and weaving, an ancient skill which she has been practicing since the Victoria Handweavers and Spinners Guild was founded 50 years ago.

Across the street at Tableware Trends, Mary-Jane Phillips painstakingly painted flowers on porcelain pieces. She said each piece must be painted over three or four times to get deep colours, fine details. The objects have to be fired after each thin coat of paint is applied.

"You cannot apply the paint thick because it chips if you do," she says. Phillips has been painting porcelain for three years.

Claudia Parfit has been practicing her unique craft for twice as long. She demonstrated a technique similar to German Tole painting in the front window of Christine Laurent Jewellers last week.

"I got interested in it from travelling around and seeing it in Europe," Parfit says nobody in the area taught the special Bavarian style she was interested in, so on her last trip to Europe she took a quick lesson from a Munich artist.

"I also brought back as many books and patterns I could find and taught myself."

It takes six hours to complete one of the small houses she paints. "It's the details that are really time consuming," says Parfit.

Patrick Chu, on the other hand, demonstrated Chinese painting using quick, broad brush strokes and very little detail. "If you want detail, you don't use watercolour," he said.

The paintings he displayed were watercolour on rice paper with birds and flowers as subject matter. "They're easy to do, and they're so relaxing."

Chu said other subject matter would require more concentration than was possible at Tanner's Books and Gifts last week, where many people showed interest in his work.

Home Hardware is an unlikely place for an artist, but portrait painter Helen Crowe impressed many of the customers last week with her pastel drawings.



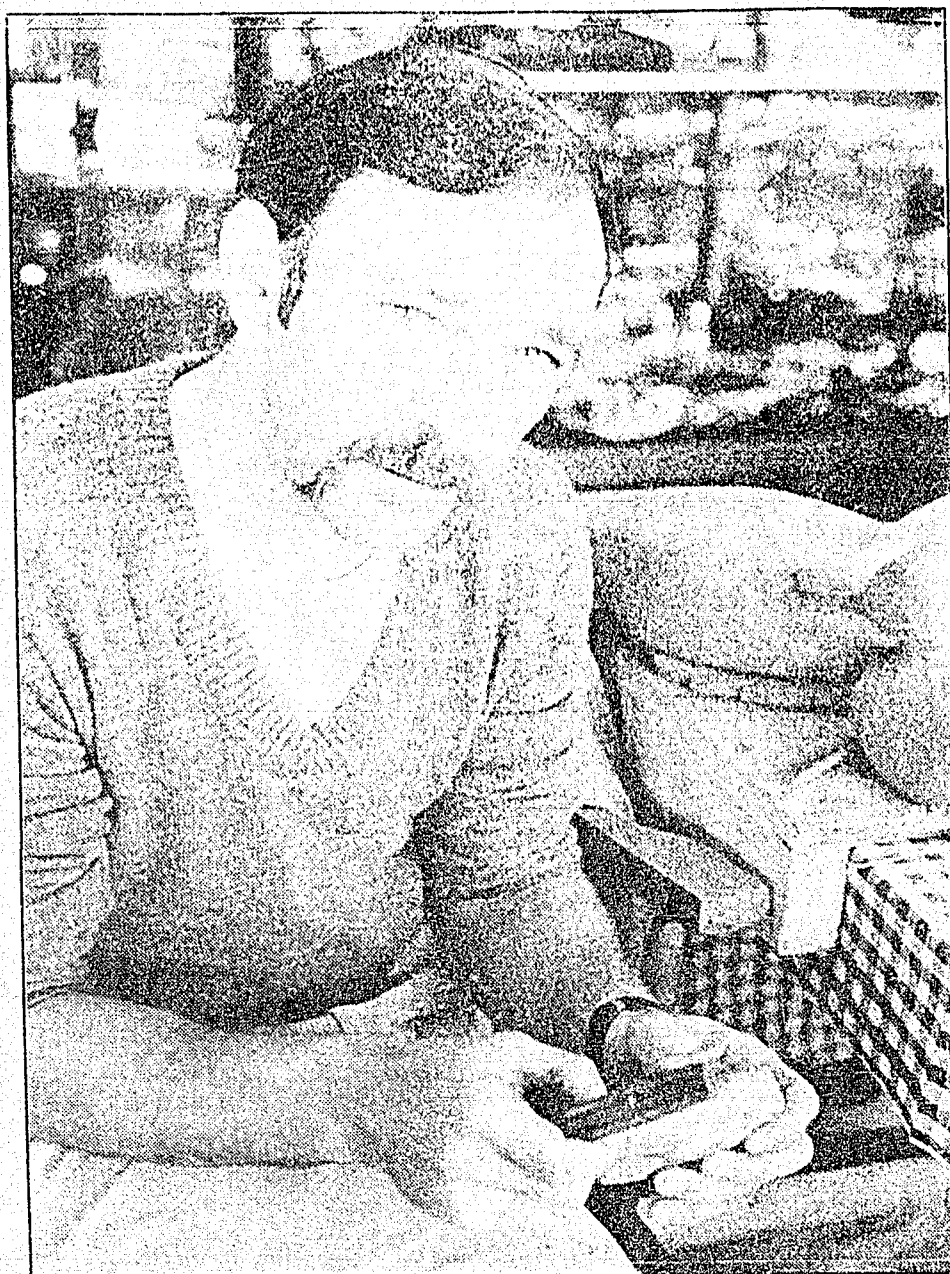
Ruth Anstey demonstrated use of suspended spindle in window of Island Furniture last week. This type of spindle was used before spinning wheels were invented.

Crowe, who has been painting portraits for 15 years, guarantees customers her paintings will look like the subject. "Likeness is the whole point of portrait painting," she says.

Each portrait takes her a week to complete and sells for \$200. She uses pastels because they are a durable medium, and not as expensive as oils, although she will

do portraits in oil as well. Graham Herbert uses mainly watercolours for his paintings of natural landscapes, seascapes and flowers. He began to paint seriously with watercolours five years ago, although he has been interested in art all his life.

He also demonstrated abstract sculpture in the Village Gallery window. "Plaster, cement and



Timothy Hume was one of seven local artists demonstrating expertise in Sidney store windows last week. Hume spent afternoons carving elaborate decoy ducks in The Collector.

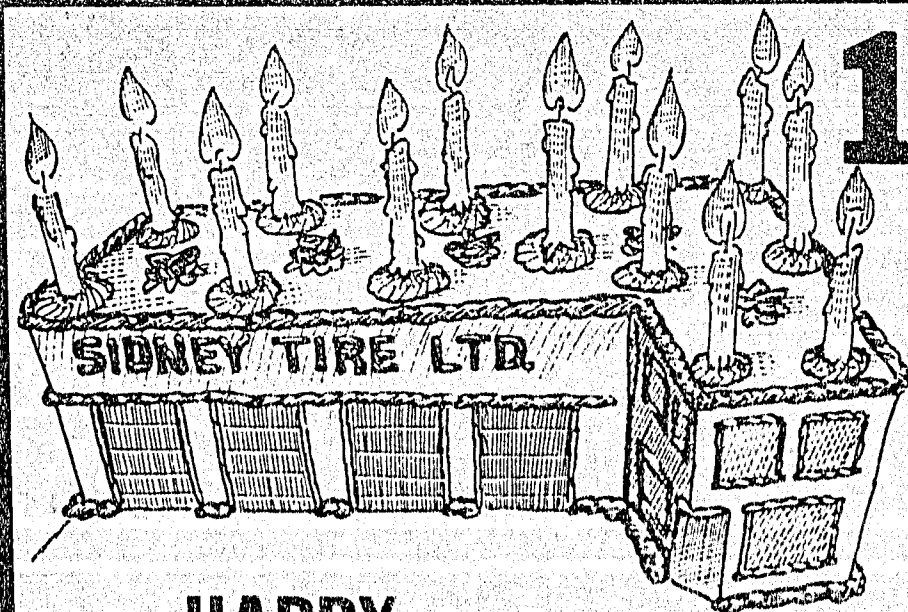
wood are the three mediums I usually use," he says.

Timothy Hume is a specialist in sculpture and has been working at it for 15 years. Last week at The Collector, he demonstrated duck decoy carving, something he has been doing for only a year but says he is already internationally known for this art.

"It's really picking up quite a bit. I've had orders from all over

the world." Hume says he recently received orders from places as far away as New Zealand, the Isle of Jersey, the Yukon and Saskatchewan.

Art appreciation week will bring Hume and the other artists more recognition locally. Several noted that Sidney shoppers had no idea until last week of the abundance of local artistic talent.



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Psychic sense

By Rose Gallacher

Props of the Psychic Field

Tea leaves, coffee grains, playing cards, tarot cards, crystal balls, flowers, sand and stones are just a few of the many props used by psychics today. They are all legitimate props and are used by a psychic as a means of concentration — and the public expects them to be used, so they identify with them.

I have been misquoted in the past as saying that I scorn such props. This is not so; what I am trying to say is that no psychic should become dependant on any particular prop. It is not really necessary to use anything to pick up a person's vibrations.

I can do this from someone's voice alone, as I have demonstrated many times on radio and television. I know of many psychics, who, if you were to take away their cards or whatever prop they use, feel that they cannot read psychically and this should not be so, they should still be able to make that link just by tuning in.

As in any other field, there are numerous branches to the psychic field. The list is far too long for me to mention them all here, but I will explain two major or better known aspects to you.

the first is **psychometry**, the meaning of which is simply the art of holding an object or a photograph and reading the vibrations that have become imbued in them. I don't claim to know all the scientific ramifications of this art but I do know that it is used by psychics all over the world day in and day out.

Psychometry can make some people a little uncomfortable. Just the fact that the psychic is holding their watch and giving definite information from their past, plus imparting to them events that are actually happening in their lives at that time can surprise them.

Yet to the trained psychic, there is nothing unusual in this art. It is their talent and they are very comfortable with it. I have noticed that when I am in the U.S., people who come to see me don't want me to use a prop. They expect me to read for them as I do on the air and this is fine by me.

Dowsing is another technique often used by psychics. Dowsing is

the term used for locating hidden wells in the ground and has been used for many, many years by our ancestors. A dowser holds a forked piece of wood close to the ground. When the dowser is over an area where water is hidden, the forked piece of wood quivers, indicating a supply of water is near.

Today, however, dowsing is used to locate missing persons or lost objects. It takes time to develop this art and one needs a lot of patience to perfect it. Dowsing is not my particular forte.

I openly admit this and refuse to be put in a position where I am expected to give an exact location. The best I can usually do is zero in to a five-mile radius — then leave it that.

Each psychic should know their own psychic limitations and not allow anyone to place them in such a position that they try to predict events they don't see. I have yet to meet a psychic who excels in all aspects of the psychic field. No psychic is correct 100 per cent of the time but they should be at least 80 per cent accurate.

Learning to develop your psychic ability enables you to listen to the voices of the psyche and brings a higher conscious awareness to your daily living. I believe that this is the highest form of communication. The psyche is a storehouse of knowledge waiting to be tapped, and being able to tune in on this level is advantageous to us all.

When someone is learning to develop their psychic ability, they should keep in mind the following rules.

- Do not inhibit your thoughts. The first thought that comes to your mind is usually the psychic thought. Put it down on paper and leave it. Don't change it or try to talk yourself out of that thought. This only leads to confusion.
- Do not allow the conscious mind to take over. By this I mean trying to rationalize what it is that you are feeling.
- If you are attempting psychometry, don't be fooled by the object. An item that looks like it should belong to a man does not necessarily belong to a man — it could belong to a woman or a child.

When attempting to psychometrize a photograph don't be misled by a lovely smile on someone's face; remember we usually smile when we are posing for a photograph to be taken, in fact that person maybe indeed be extremely unhappy.

On the other hand, when you look at a photograph and the person is frowning, it does not mean that they are unhappy. As a psychic you have to look beyond the facial expressions in a picture.

My thought for the week to you: *Conscience is the still, small voice within — when the acoustics are so bad.*

Please address your letters to: Rose Gallacher, c/o The Review, 2367 Beacon Ave., Sidney, V8L 1W9.



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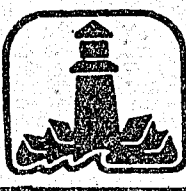
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books

By Mary Kierans



Finding new fiction writers that you enjoy is often very difficult for library users, so here is a sampling of some new novels that you might like to try.

Woman of Cairo, by Noel Barber. The love affair of Mark Holt, son of the British-Egyptian diplomat, is the focal point of this fascinating novel by Barber, himself a foreign correspondent. The exotic beauty and splendour of Egypt is the perfect setting for the story of these two families, a story deftly woven within the framework of a nation's momentous and volatile move from protectorate to monarchy to democracy.

Sara Will, by Sue Bridgers. Fans of Anne Tayoer will enjoy the characters and ambience of Bridgers' novel. It recounts the gradual unbending of its stern heroine, Sara Will Burney, who, in her middle fifties, slowly grows into a realization that she can love and be loved. Her steely resolve to remain isolated is little match for an odd assortment of distant relatives whose surprise arrival turns her life upside down.

Mexico Set, by Len Deighton. British agent, Bernard Samson, under suspicion by London Cenral ever since the defection of his aristocratic wife and co-worker Fiona to the KGB, intends to clear his name by "enrolling" KGB major Erich Stinnes. Deighton displays his talent here: while portraying sharply defined, sympathetic, and down-to-earth characters, he slowly but inexorably accelerates the plot for a thoroughly exciting and satisfying conclusion.

Maxwell's Train, by Christophe Hyde. Bleakly facing a mid-life crisis and looming poverty, Harry Maxwell plans to rob Amtrack, which routinely hauls \$35 million in cash. All goes according to plan until the train is hijacked by a terror squad. This crossbreeding of the heist genre and political suspense is highly successful. Nourished on plenty of facts, staked with blazing action and peopled with likable characters, this story will give readers a new appreciation for the excitement and romance of the railroad tradition.

Buller's Victory, by Richard Hough. Captain Archibald Buller is called upon to report to the quarrelling British cabinet on the d'Ardenelles campaign of 1914. His honesty almost gets him cashiered, but friends in right places land him a job testing the new Q-ships. Buller's actions in and reactions to the great sea battles of the war provide most of the excitement and the book's sustaining interest.

The Finishing School, by Gail Godwin. Adolescent Justin Stokes finds herself dazzled, even possessed, by a sophisticated bohemian, Ursula De Vane. But the dark tale of this woman's mysterious past unfolds and repeats itself with tragic consequences. Told from the point of view of Justin, nearly 30 years later, this is a splendid story of betrayal and redemption, with richly imagined characters, about life as it is and as it is invented.

These new novels are all available through either the Sidney - North Saanich or the Central Saanich branch of the regional library.



New Business Phone Listings

MR. BUSINESSMAN:
If your Business Phone Number is new or has been recently changed, please call us and we'll run it free of charge for a period of three months. This service limited to the Review's Trading area.

Company Name	Phone Number
(24) Allan's Children's Wear	656-2131
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(25) Calgar Electric	652-2414
(26) Fair Deal Used Appliance & Repair Ltd.	656-4200
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(24) Sidney Coins & Stamps	656-2028
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Courtesy The Review

Music festival winners

Organ students from Lann Copeland Music Centre in Brentwood Bay were the top honors winners for the second year in a row at the Victoria Music Festival.

Students of teachers Carrie Oujala, Eleanor Humpherys and Dale Humpherys took part in electronic organ classes held at St. John's Church April 27. Pupils of all ages and levels represented many schools and private teachers throughout the Greater Victoria area.

Adjudicator Mrs. Jane Epp of Kamloops commented she had judged festivals all over Canada, but had never seen such a high level of proficiency among young organ students. Epp attributes this to excellence in teaching methods and the teachers themselves.

The 16 entries from Copeland Music School took nine of the 11 available first and second place awards. Winners of the different

categories were: class 860 - Randy Ruiz, 1st; Leanne Fangerfield, 2nd; class 861 - Jillian Yates, 2nd; class 862 - Brice Morrison 2nd; class 863 - Lori Girardau 1st; Cameron Schulz, 2nd; class 864 - Ivy Ruiz 1st; class 872 - Ivy Ruiz 1st, Lori Girardau and Brice Morrison tied for 2nd.

Other entrants were Mairi Babb, Graham Schulz, Laura Haney, Stacey Rolofs, Rachel Crawford and Tara Wicker.

Lawn Bowling Club meets

Central Saanich Lawn Bowling Club's general meeting will be held 11 a.m. Saturday at the club on Hovey Rd.



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FOR **Mother's Day - May 12th**

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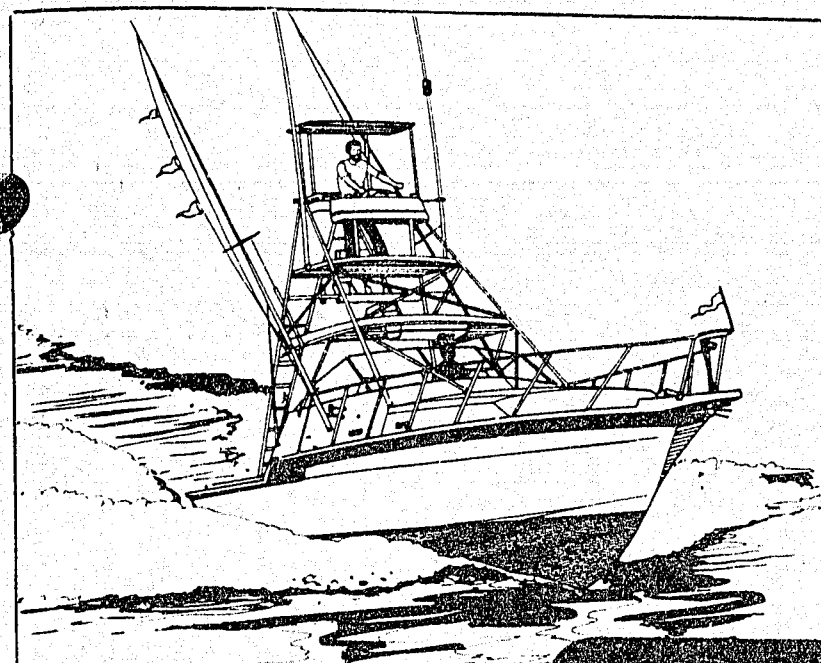
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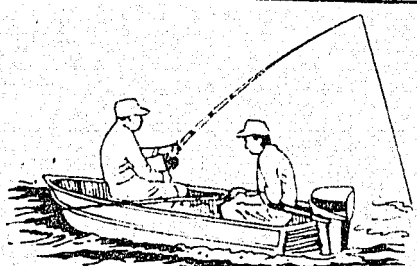
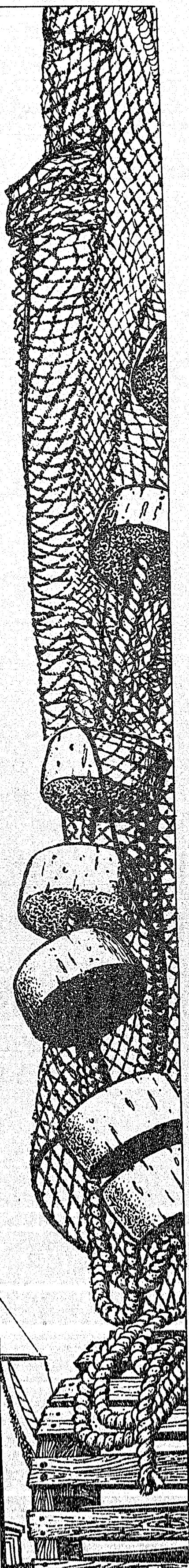
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Boat Safety Tip

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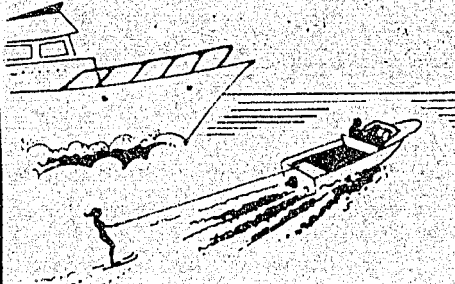


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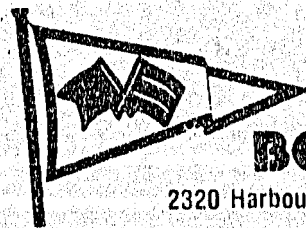
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Trailer your boat to shop
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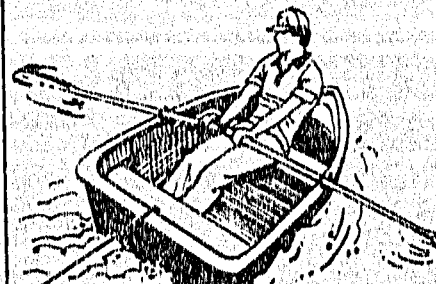
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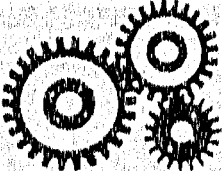
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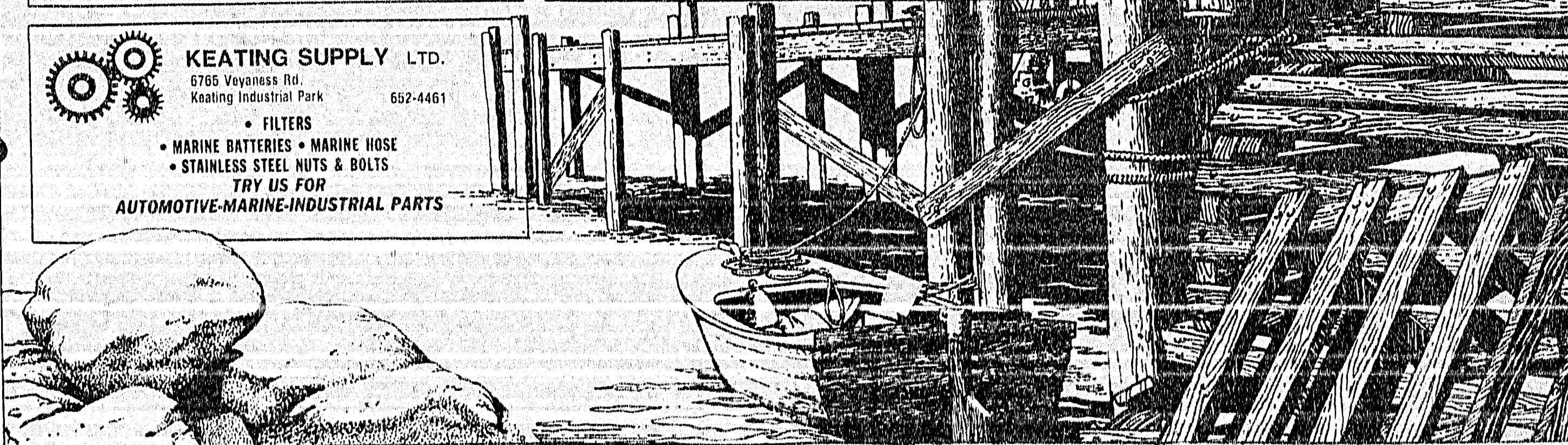


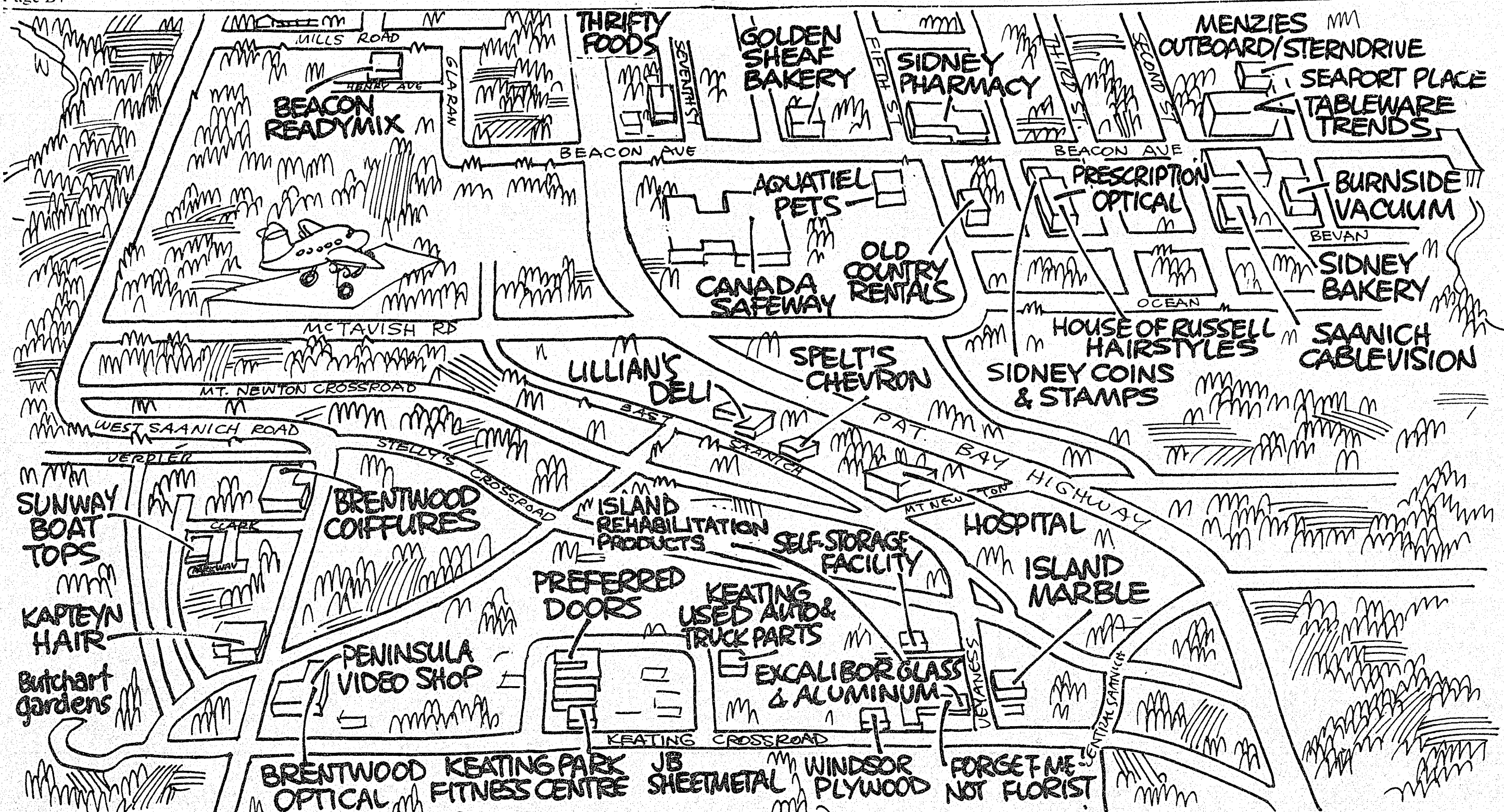
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They've either got it, can get it or will make it.

Island Rehabilitation Products, 2136 Keating Cross Rd., is Vancouver Island's most complete full service store for all aids for handicapped persons. It not only sells, installs,

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Owners Douglas Crowe, Muriel Crowe and Paul McGoldrick, and Marvin Dejarlais, say their goal is to do the

impossible for handicapped persons. They have a wide selection of manual and powered wheelchairs, an Easy-Lift living room, armchair, and stock the only Gyro powered wheelchair, which can travel in every direction including straight sideways, in Canada. Call 652-5561 for details.

Also in stock are adjustable Birch arthritic chairs and a wide variety of patient lifting devices for every room in the house including the bathroom. (F. Stott, 2506 Shoreaners Rd.)

Island Rehab is open Monday to Friday 8:30 a.m. to 4:30 p.m. and Saturdays 9 a.m. to 1 p.m.

HOUSE OF RUSSELL HAIRSTYLISTS



For over 17 years Russell and Dorothy Sharpe and their hair stylists at the House of Russell Hairstylists in Sidney have been happily busy looking after their clients.

They are experts in all hair

styles from traditional to new wave and can help you decide which one's the best for you.

Russell, Dorothy, Donna Murphy, Ann Parr and Lois Tanson have a total of over 50 years experience in the hair styl-

ing profession. Call 656-1522 for an appointment. (D. Malins, 11025 West Saanich Rd.)

Russell trained at both L'Oreal and Vidal Sasson in London, England, and is on the Hairdressers Association of B.C. committee directly involved with putting on hair shows and educational programs.

He and his staff insist on using only top quality products — Joico, Schwarzkopf and L'Oreal.

House of Russell is open Monday to Saturday, 8 a.m. to 5:30 p.m.

HOW YOU MIGHT WIN A MILLION

Look for your name in the feature story boxes . . .

If you're a Review subscriber, YOU COULD WIN \$15.00 WORTH OF LOTTERY TICKETS. Somewhere in each of the 2 feature stories on this page is hidden the name and address of a Review subscriber. While reading about the featured

businesses of the week, watch for your name. If you find it, call the Review, 656-1151 before 5 p.m. this Friday and we'll tell you where to pick up your prize.

TWO WINNERS EVERY WEEK!

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Outdoors Unlimited

By Cy Hampson



Large numbers of barn swallows, looking a bit weary from their long travels, ornamented the fence wires and power lines in many parts of the Island on April 28. As usual, they were on time! The long, slender, pointed wings, characteristic of long-distance flyers, had propelled them quite easily and swiftly from deep inside South America.

The barn swallow is the most easily recognized member of its varied family. It is the only swallow with a long forked tail,

of a cliff or on a horizontal support under a bridge. However, I have found them built on a light bulb suspended from the ceiling of a dairy barn, on a large spike that at one time held our farm lantern, on a horse collar no longer in use, on the saddle horn of an old saddle that had been hung up by one of the stirrups.

The mud nest is almost always lined with feathers and a bit of hair of some kind. Nesting sites are almost always in the vicinity of water and usually close to

delicate in nature.

However, the sure way to identify a violet-green at a glance is by the conspicuous, brilliant white flank patches which all but meet over the base of the tail and rump. These field marks are very readily noticed as the bird flies by. This is the swallow that is at the moment checking over local bird boxes with a view to choosing one as a nesting site.

Watch for them around your gardens and lawns.

Fufous hummingbirds are back in goodly numbers while our front lawn and hedges have been alive with smooth-grey golden crowned sparrows and singing white-crowned sparrows. Western grebes, red-necked grebes and old squaw ducks have been serenading us throughout the day from the bay below the house.

Ken Dobson reports a number of white-fronted geese passing over while Mary and I spotted a flock of a 150 or so en route to their Arctic breeding areas. Their

beers!" vocalization. Teetotalers prefer the "Quick, three cheers!" rendition of the explosive characteristic song of this species.

I do not know whether this bird adapted its song to the new set of conditions imposed back in the days of prohibition or not!

SIDNEY PRE-SCHOOL
is holding an
OPEN HOUSE
May 8/85
12:00 - 2:30

ST. PAUL'S
UNITED CHURCH
5th & MALAVIEW
REFRESHMENTS SERVED

NOTICE OF INTENT RE: LIQUOR CONTROL AND LICENSING ACT APPLICATION FOR "F" (MARINE PUBLIC HOUSE) LICENCE

It is the intention of the undersigned to apply, pursuant to the provisions of the Liquor Control and Licensing Act, to the General Manager, Liquor Control and Licensing Branch, Victoria, B.C. for a Marine Public House license to operate a licensed establishment on the premises situated at Lot 2, Section 20, Range 3 East, Plan 10469, Sidney, B.C. 2215 Canoe Cove Rd. R.R.3, Sidney, V8L 3X9. Simon Deane Stonehouse Pub.

The above type of licence permits the sale of all types of alcoholic beverages by the glass on the premises between the hours of 9:00 a.m. and 11:00 p.m. It also permits the sale of beer and B.C. Cider by the bottle for consumption off the premises.

Written opinions must be received by June 5th, 1985 to be considered. Residents or property owners located within a 6 block area or one-half mile radius of the proposed site are requested to register any comments by writing to:

General Manager,
Liquor Control and Licensing Branch
P.O. Box 640, Victoria, B.C. V8W 2P8

BRENTWOOD INN'S COMMUNITY CALENDAR

The Sidney group of the Save The Children Fund meet, 2 p.m., St. Andrew's Church Hall, 4th St., second and fourth Wednesday each month. New members or visitors welcome.

Discovery Toastmistress Club meets second and fourth Thursdays, 8 p.m. Shady Creek United Church Hall. Visitors welcome.

Sidney Twirlers and Drum Corps lessons at Sidney elementary school, 6 p.m., Thursdays. Information 656-6098.

The Saanich Peninsula Toastmasters Club meets 7:30 p.m. Tuesdays, Central Saanich municipal hall.

Central Saanich senior citizens have moved to 1229 Clark Rd. 652-4611. Activities' calendar available. Open 10 a.m. to 4 p.m. weekdays, 1-4 p.m. Sundays.

Sidney Stroke Club meets second and fourth Wednesday each month, 11 a.m. to 2 p.m., Margaret Vaughan Birch Hall. Information 656-2101.

Saanich and the Islands Ladies (SAILS) for Social Credit meet monthly on Wednesdays. Information 656-6232.

Can we help you? Call the Community Counselling Centre, 24-hour answering service 656-1247.

Speak French and want to keep conversational skills? Toastmasters En Francais meets Thursday evenings 7:30-9:30 p.m. Information 598-3729, 598-1316.

All ages welcome to table tennis at Brentwood elementary school, 7:30-9:30 p.m. Mondays. Information 652-4580, 652-1531.

Senior who are 55 years of age or more — are you new to Sidney? Don't know anyone? The Silver Threads Centre offers classes, activities and a warm welcome. Drop in to the centre at 10030 Resthaven Dr. or call 656-5537.

Coming Events

Attention all parents of 676 (Kitty Hawk) squadron R.C.A.C. Regular monthly meeting will be held May 14 at the Cadet Hall on Canora Rd.

TOPS (Take Pounds Off Sensibly) meets 10 - 11 a.m. Mondays. For more information call 656-4506 between 5 and 6 p.m. or 656-1984.

The Advantages of Breastfeeding will be the topic at the next meeting of La Leche League to be held 7:45 p.m. May 1 at 8511 Emard Terrace, near Amity. This is the first in a series of four discussions which offer both encouragement and breastfeeding information to interested mothers. For more information call 652-2707 or 652-5781.

Deep Cove and Eastern Property Owners' Association annual general meeting will be held 7:30 p.m. April 30 at Holt Trinity Church Hall, corner of Mills and West Saanich roads. Speakers include Eugene Bailin, Loyd Harrop and Rebecca Vermeer. All North Saanich residents welcome.

Seniors aged 55 years or more, are you new to Sidney? Don't know anyone? Silver Threads Centre at 10030 Resthaven offers classes, activities and a warm welcome. Drop in or call us at 656-5537.

Prospect Lake Community Hall Association will hold a spring flea market 10 a.m. - 2 p.m. May 11 in the Community Hall, 5358 Sparrow Rd. Refreshments, admission free, 30 stalls featuring baking, good used clothing, toys, crafts, arts, collectibles, plants and much more.

Rev. C.R. Alton will continue his series on Bible Prophecy 5:30 p.m. Sunday at the Peninsula Alliance Church, corner of Mt. Baker and 4th. Topic — The Second Coming of Jesus Christ. All welcome.

Seniors (55 or more) New to Sidney? Don't know anyone? The Silver Threads Centre offers classes, activities and a warm welcome. Drop in to 10030 Resthaven Drive or call 656-5537. Enjoy Mrs. Kyle's Singers' "Songs to Enjoy" at 1 p.m. May 8.

Brentwood V.C.W. presents a Mother's Day fashion show at 2 p.m. May 11 at Brentwood United Church, 7162 W. Saanich Rd. Tea and dessert will be served. Fashions by Alyce. Admission \$2.50.

Linden Singers' auditions for all voices May 1 or 8. Call 656-3849 or 385-9881.

The Saanich Peninsula Diabetic Auxiliary meets 7 p.m. the second Wednesday each month in the clinical lecture room of the Saanich Peninsula Hospital.

The Sidney Silver Threads Centre offers classes, activities and a warm welcome to new residents. Call 656-5537 or drop in to 10030 Resthaven Dr.

The third consecutive annual running week, entitled Run Canada Run, will be held May 25 to June 2 as part of Fitness Canada's National Physical Activity week.

Sunday evening at 6:30 p.m. Pastor C.R. Alton will continue his prophetic series of bible messages at Peninsula Alliance Church, 4th and Mt. Baker. Topic — The Israeli Question; Whose Land Is It?

A mother's day tea and bake sale will be held 1:30 - 3:30 p.m. May 11 at St. Paul's United Church at 5th and Malaview.

The Royal Canadian Legion, branch 37 on Mills Rd. presents bingo Fridays, doors open 6 p.m., all welcome.

The Bible Prophecy series continues at the Peninsula Alliance Church on the corner of 4th St. and Baker Ave. May 12 at 6:30 p.m. This week's subject will be "The Great Tribulation, When and Why." You are invited to attend.

St. Margaret's Old Girls' Association will hold an annual general meeting and luncheon May 4 at 11:30 a.m. at the school, 1080 Lucas Ave.

A 20-year reunion for graduates of Esquimalt High School will be held May 17 and 18. For information call 477-1651, 477-7403 or 386-2526, or write to the school, 847 Colville Rd.

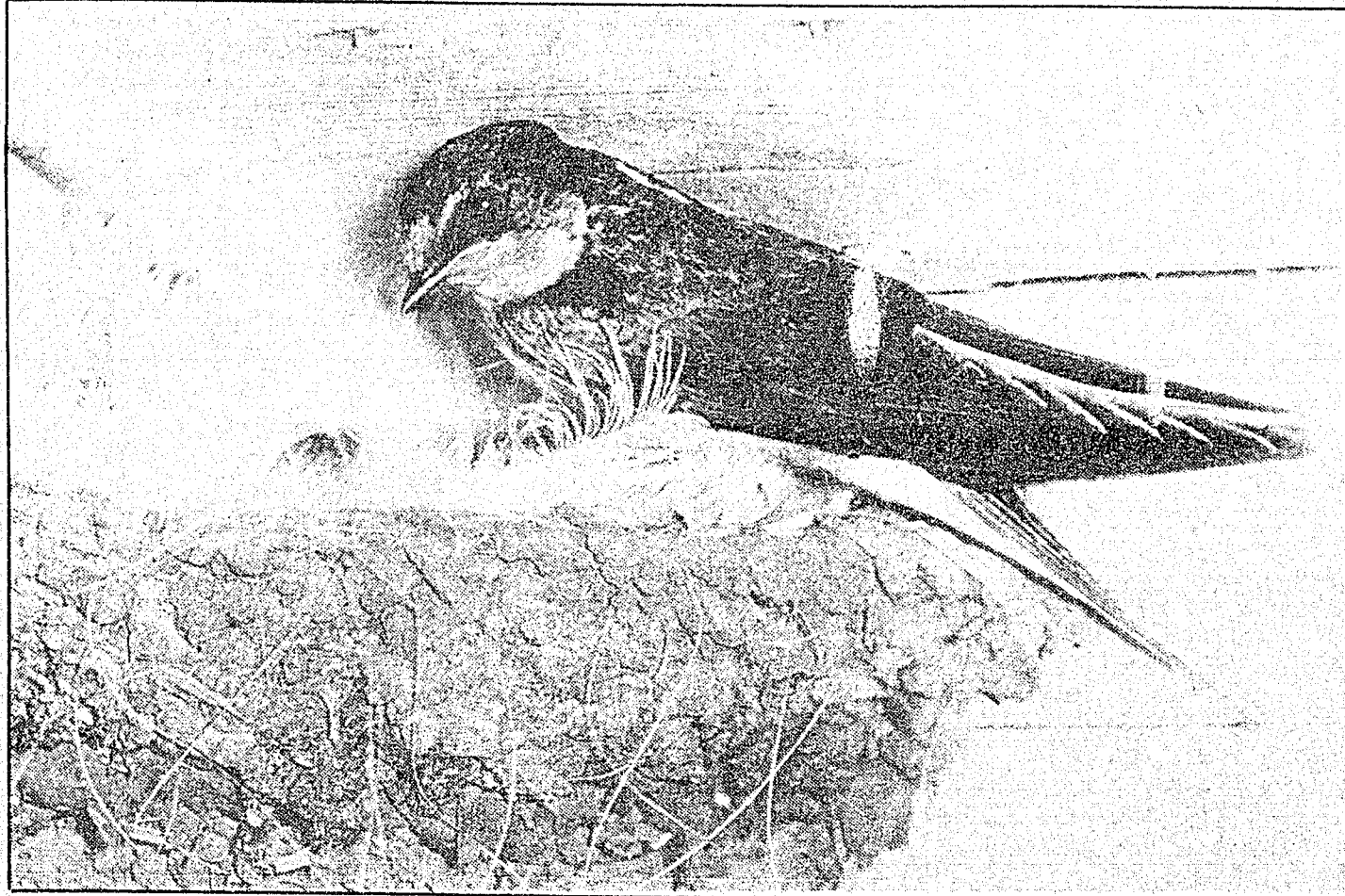
St. Vincent de Paul Society social concern office needs good, clean beds, pots, pans and appliances. More than \$1,000 in goods are distributed daily so the need is constant. Donations can be picked up by calling 382-3213 or 478-0282.

Tillicum Lodge, an intermediate care facility on Interurban Road in Saanich, needs volunteers. For information call 479-7101.

Loyal Order of the Moose meetings are held the second and fourth Friday of the month at the Moose Hall, 7923 East Saanich Rd.

Members of the Victoria Highland Games Association plan a garage sale 9 a.m. - 3 p.m. May 4 at 4257 Eastridge Cres. off Mann Ave. in Royal Oak. Proceeds to the May 19 Highland Games.

Saanich Peninsula Women's Register meets every two weeks for discussions and speakers. Info 652-9221.



Barn swallow at home

Cy Hampson Photo

the only one possessing white tail-spots, the only species combing steel-blue back, cinnamon abdomen and rusty-orange forehead.

The flight is swift and often low as they describe graceful curves over our meadows, marshes and lakes in search of flying insects.

The neat mud nest of the barn swallow is usually securely plastered on an inside beam of a building, on the undercut ledge

human habitation. Barn swallows are delightful birds to have around; their aerial maneuvers never fail to excite the imagination.

But the most abundant swallow in these parts is the very handsome violet-green. The tail of this swallow is not deeply forked as in the barn swallow. The upper parts are generally greenish while it is white below. Rump or upper tail coverts are violet or purplish but these tints are

higher pitched, somewhat mew-ing notes are not easily mistaken while the dark blotches on the belly are diagnostic.

For the latter reason, these geese are often referred to as "speckle bellies". I have also heard them called brant but this, of course, is not acceptable.

Julie Del Monte reports her first olive-sided fly catcher of the year and notes that it is still thirsty; the bird importuned her again and again with its "Quick, three

Swap and shop

Mothers' Morning swap and shop will be held 10 a.m. May 10 at Panorama Leisure Centre. Children's toys and clothing.

Car wash

St. Paul's car wash will be held 10 a.m. - 2 p.m. May 11 at Chevron gas station, corner of Beacon and Pat Bay Highway. Wash, \$3, vacuuming, \$1, coffee free.

9812 - 4th St. 656-2322



BEDSPREADS & COMFORTERS

20% OFF



You'll save with us, buy Brian

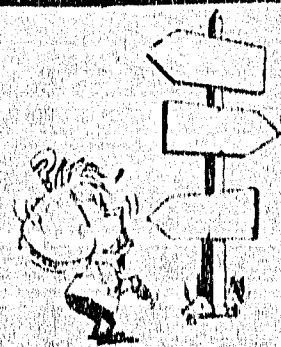
1978 CHEVY NOVA 4 door sedan, 6 cyl. auto, PS, PB White in color. Only 48,000 miles. \$3995
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Welcome Wagon LTD. You'll be glad you did.

hostesses at:
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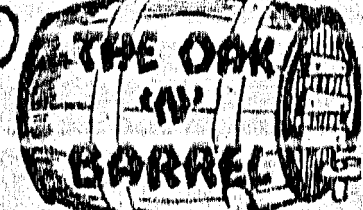
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THE OAK 'N' BARREL

TREAT YOUR MOTHER TO OUR BUFFET BRUNCH ON HER DAY Sunday, May 12 9:30 - 11:30 - 1:30 sittings Reserve Early



BRENTWOOD INN 7172 BRENTWOOD DRIVE 652-2413 652-9515

THE BRIG

TRY OUR DAILY LUNCH SPECIALS 11:30 - 2:00 Mike Ballentyne is Entertaining Mon - Sat. 7-11

Opening up trails for hikers, horses

Walkies anyone?

Three students will be spending a good part of this summer cutting close to 20 miles of foot and bridle trails in North Saanich and opening up wooded areas for hikers and the horsey set.

A Canada Works' grant plus \$5,600 contributed by North Saanich will keep Heather Blyth, Dennis Acreman and Mike Poulsen employed until mid-summer hacking out underbrush, digging drainage ditches, building plank sidewalks, cutting through fallen trees and spreading layers of cedar chips.

Almost every corner of the municipality (see accompanying map) will be visited by the trails' crew who will punch through overgrown rights-of-way joining up roads or other trails.

They've been on the job for about three weeks and already the strip north of John rd. is almost done as is the eastern extension of Clayton Rd. to Littlewood Rd.

"People have been after us for years to get some trails in North Saanich and to open up public beach accesses," said Ald. Dick Herlinveaux who is quarterbacking the trail building project. "And with all this federal grant money around, it would have been crazy for us not to take advantage of it."

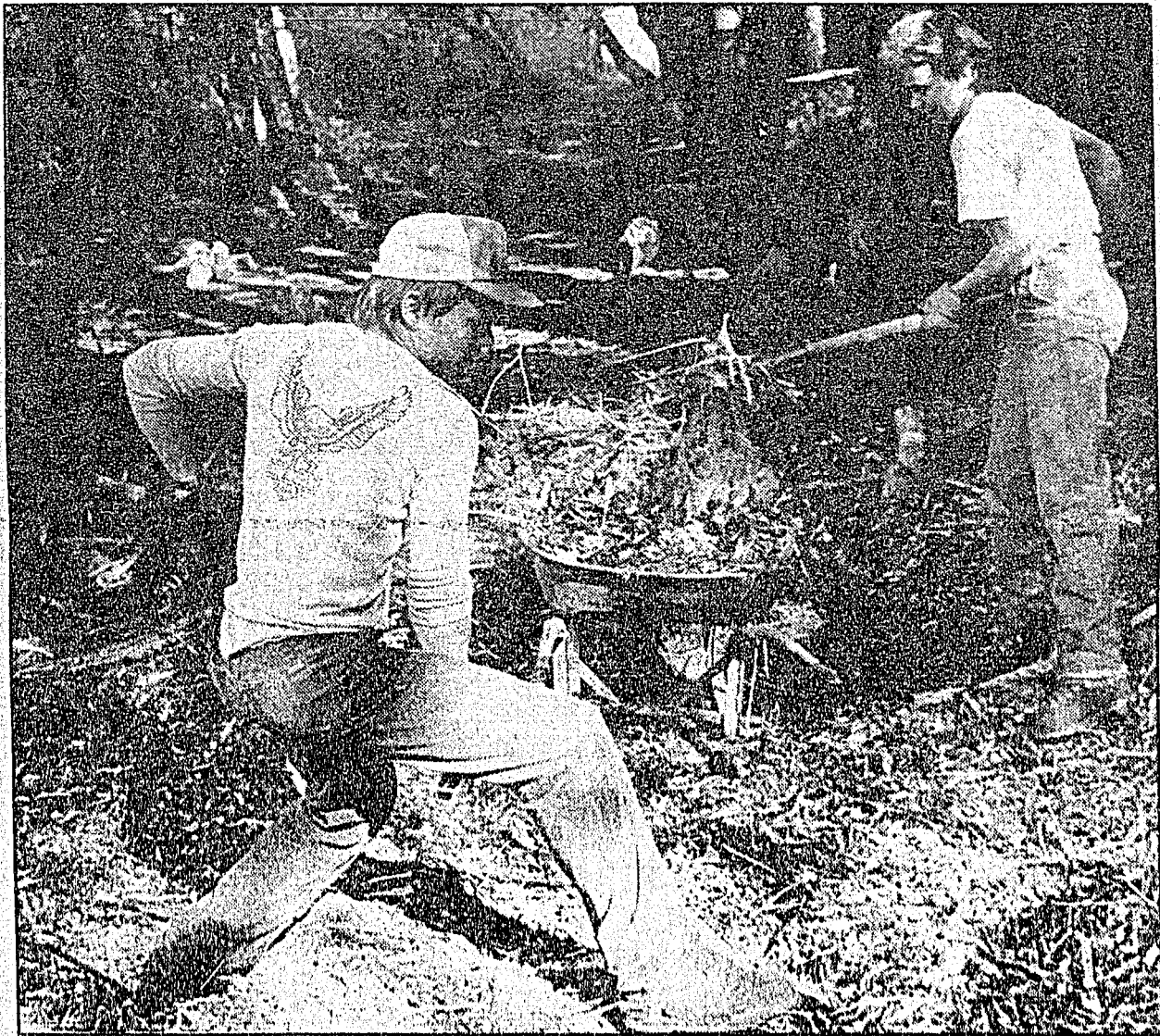
The crew members are paid \$11 an hour each and only about \$2.50 of this is paid by North Saanich, he said. But the three work hard for their money, he added. Applicants, and there weren't that many, had to be in good physical condition and be able to wield a chainsaw.

One dump of cedar chips off Tatlow Rd. near Clayton contains close to 700 wheelbarrow loads needed to fill a soggy spot to the east. About half of the pile had been moved down the trail in just three days of the six the crew had been working on that section.

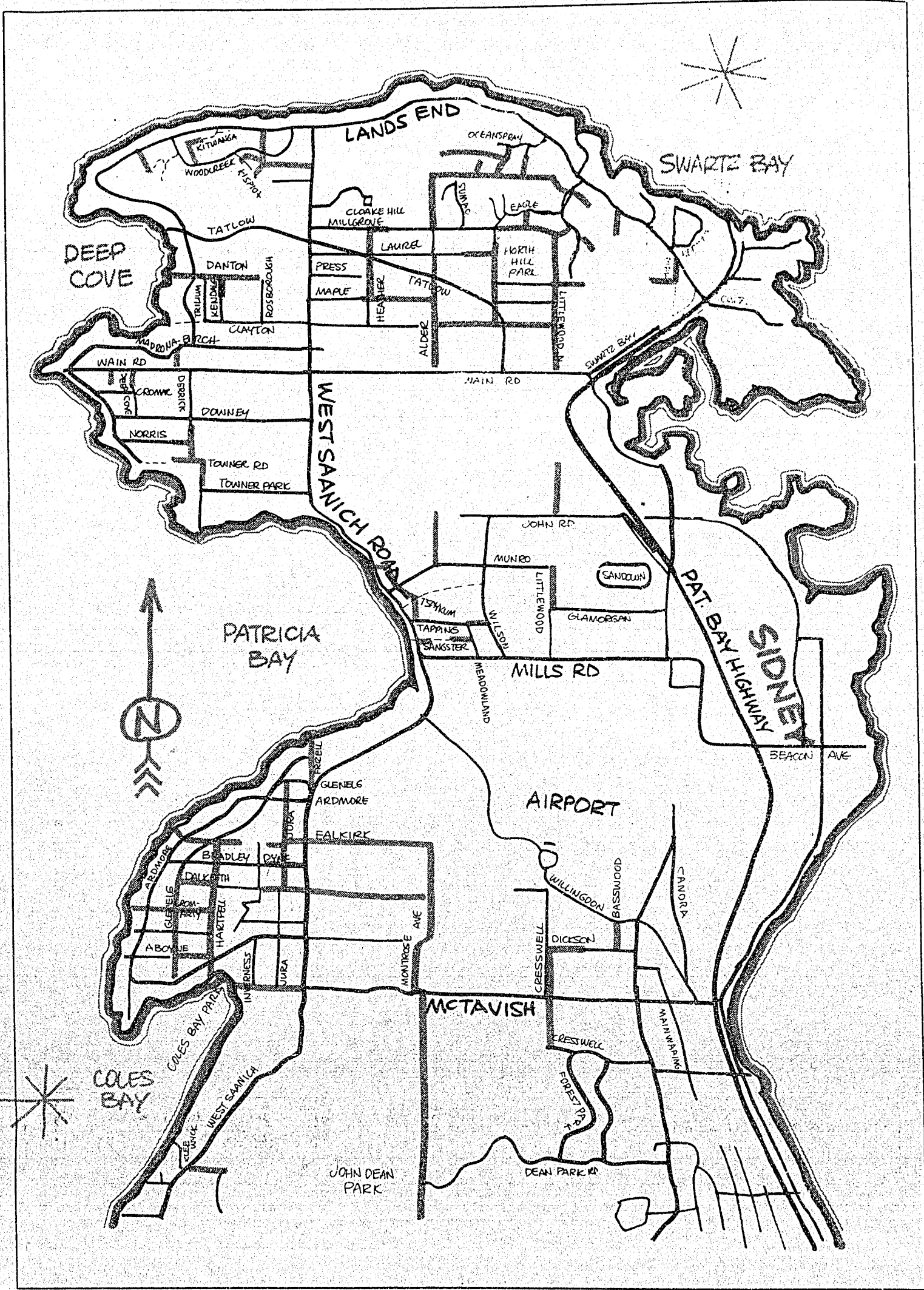
There is no precise priority schedule for the trails so North Saanich residents can expect the crew to show up any time at almost any of the selected strips and begin digging and cutting.

They're easily spotted. Beside their trail will be a first aid kit, discarded jackets and sweaters, lunch pails, a thermos or two, chainsaws, cans of gas and collection of miscellaneous tools.

Herlinveaux said there have been plenty of curious onlookers with encouraging words for the workers but so far no one has offered to chip in and help.

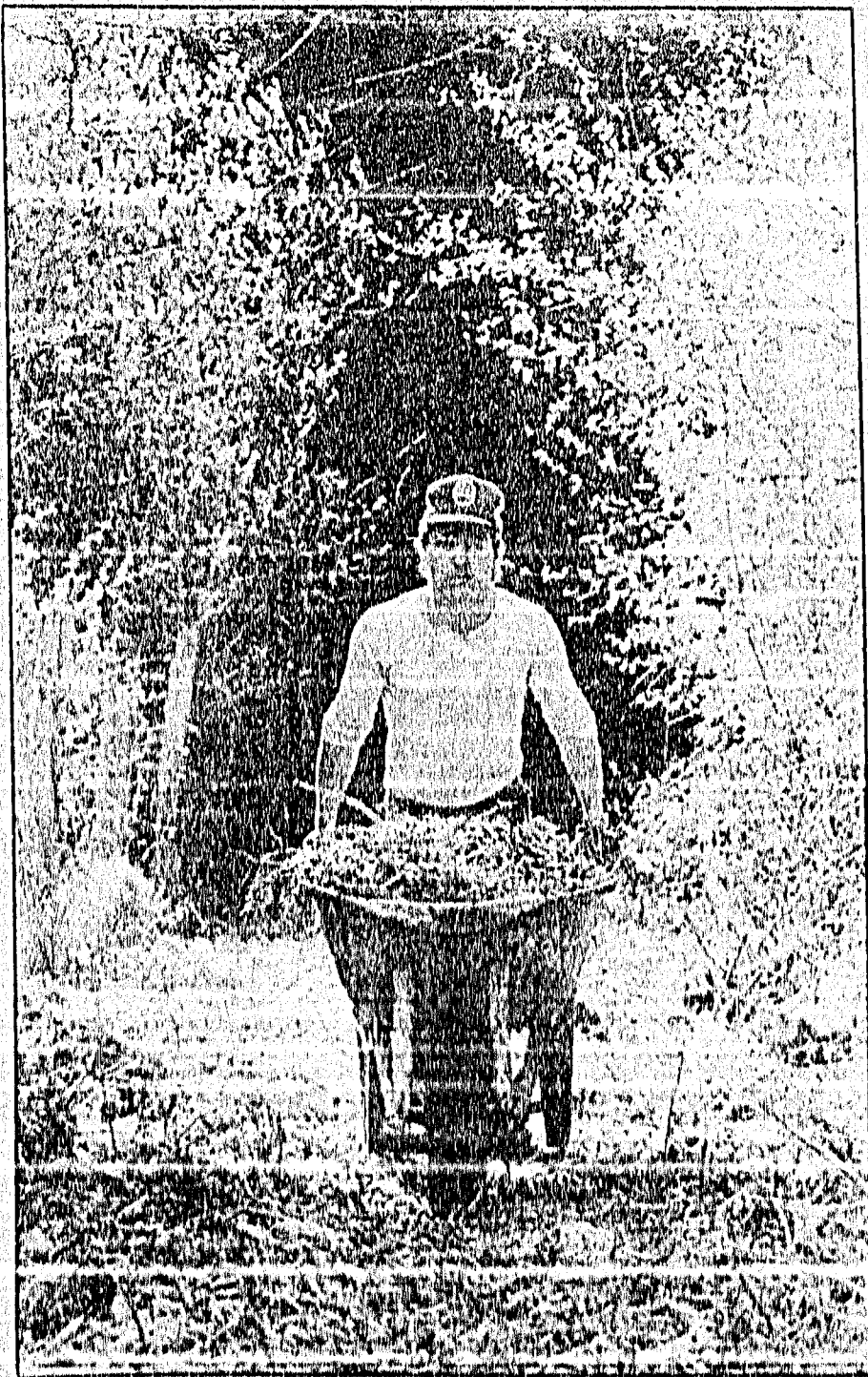


Chips loaded into wheelbarrow by Mike Poulsen and Heather Blyth.

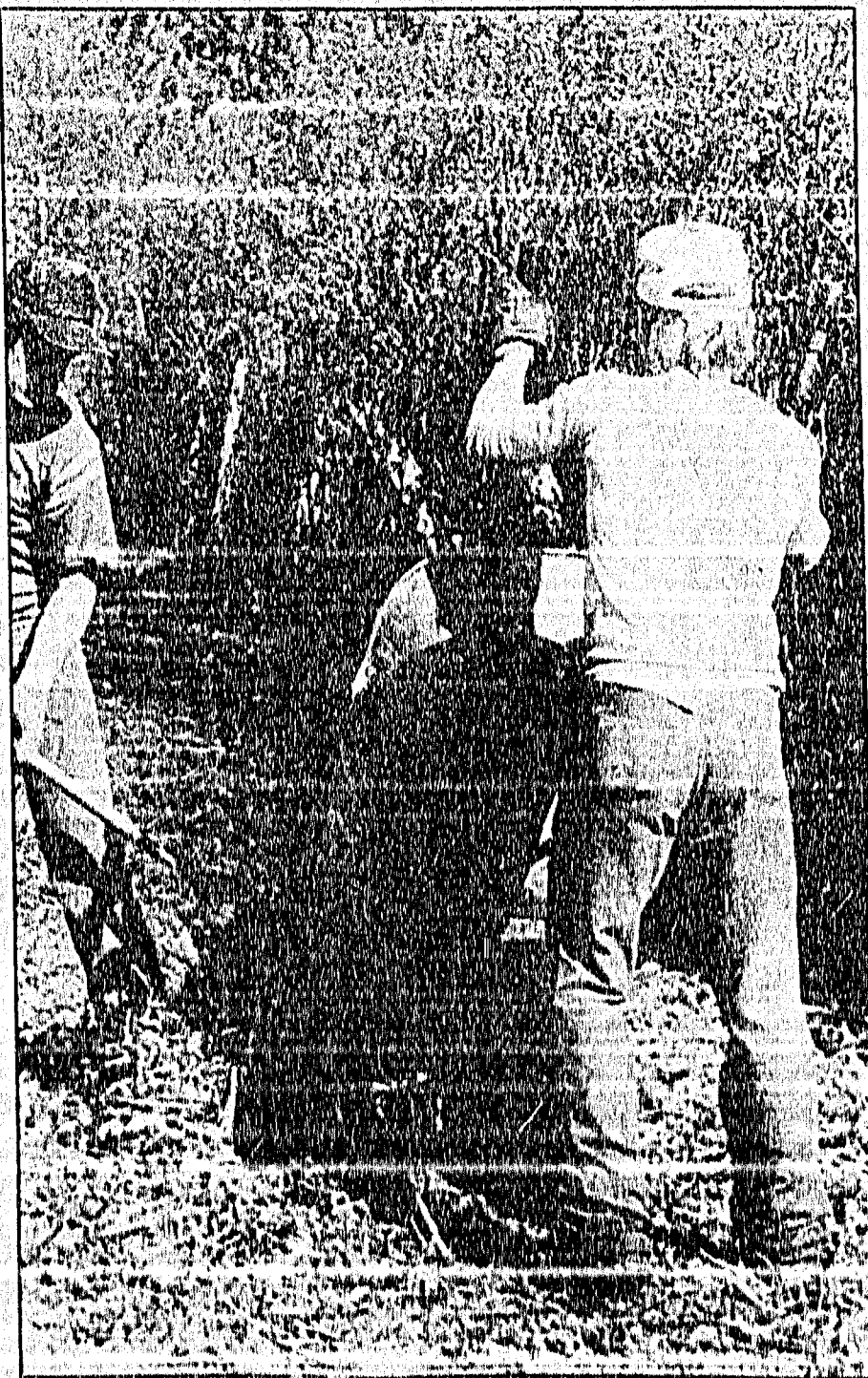


Bridle and hiking trails will soon crisscross North Saanich.

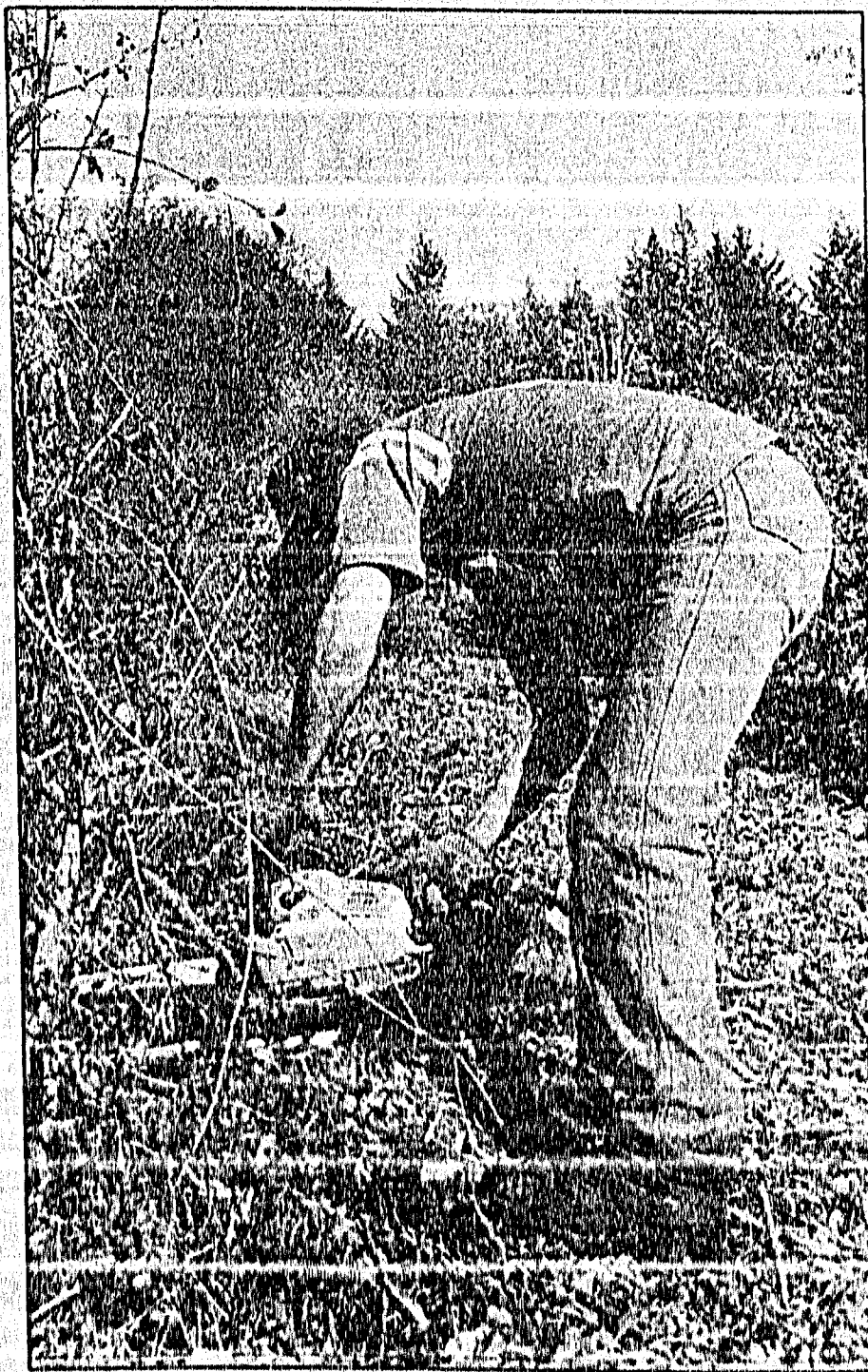
Hugh Nash story, photos



Down the trail with a full load.



Chips dumped on soggy parts.



Underbrush chainsawed down by Dennis Acreman.

Parkland Parade

By Cindy Peralta

Aloha, Hawaii! was the theme of a dance held May 2. Attendance was high and the costumes were bright, bold and colourful! John McKay's grass skirt was a hit with the crowd, along with Doreen Bicjnell and Jackie Seville's matching pineapple costumes.

There will be a car rally May 9. Fees are \$2 driver, \$2 navigator, and \$1 passenger. There is a new and exciting route planned, and you're guaranteed a good time.

Parkland's tennis team is proving to be a little stronger than last year's. It now has a 2-1 record, and hopes remain high for entry into the city playoffs. Coach Mrs. Davis says the group is sizeable and enthusiastic.

Sport Shorts:

The senior girls' soccer team was handed it's second defeat of the season with a 2-1 loss to Spectrum. Super-Lara got the only goal for Parkland. The senior boys' rugby team also suffered it's second loss, only this time to Claremont.

The annual Parkland tennis tournament is well underway, with both students and teachers participating in the singles and/or doubles division.

The Quebec Exchange group returned April 27. A good time was had by all... many interesting stories too!

Grads participating in the spring Nit Nat trip are busy brushing up their camping skills, as they leave on May 23.

And last, but not the least, don't forget to buy your tickets for "Annie".

Claremont Clarion

Claremont students are busy in many areas this spring. Our own peace rally was held April 26 with guest speaker Jim Taylor and the showing of a film called "Button, Button." Claremont also participated in the Victoria Walk For Peace April 27.

The Duke of Edinburgh Club went on its first training hike of the year over the April 26 weekend in preparation for the annual assault on the West Coast Trail.

The community recreation class leaves Monday for its annual canoe trip on Nitnat Lake. In music, we have our very own Claremont Senior Concert Band performing in the Victoria Music Festival at S.J. Willis School.

In sports, our tennis team lost to Parkland on April 25. At the Senior All Schools Relay track meet Wednesday night, Lisa Broad placed third in the 100 metre. The girls 4 by 100 metre relay team finished third and the boys team placed second.

The girls' soccer game last Wednesday resulted in a 2-0 victory for Claremont over SMU. Karin Boyd scored both goals. The school milk run, organized by Mr. Simmonds, saw an enthusiastic crowd of joggers and walkers turnout Wednesday. Waiting for students at the finish on Claremont track was a carton of milk.

In closing, Claremont's talent night will be held on May 6. More details on this next week.

VIDEO SCAN'S
HAPPY HOUR
6-7 PM
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RENTALS
20% OFF VIDEO'S
10% OFF VCR'S
POPCORN
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A Helping Hand

By Martha Lightfoot

Let's talk about crayons — good old fashioned coloring. Toddlers should be encouraged to scribble, scribble, and keep scribbling. Their pictures don't have to "be" anything in particular just let them design.

They don't need coloring books just lots of paper. Computer paper is a good size — someone you know will have a computer at their office. Backs of old calendars, paper bags, cardboard from mylons, paper towel rolls, boxes, clean meat trays — whatever you can find.

Newprint roll-ends are available for a small price. This can be cut into all sorts of sizes and shapes. If you can afford colored construction paper it adds a nice variety.

Encourage your child to fill lots of space and make a variety of lines. They can create a magic design by coloring with their eyes closed. Place your paper over a penny, a quarter, a comb, a wicker basket, the lino floor, a tile with a raised surface, or a rough piece of wood. Color firmly and watch the texture come on to your paper.

A special treat for older toddlers is their own book. Buy an inexpensive note book and draw a picture on each page. You can print the picture's title. Keep the book around and add to it as the mood strikes. Your child will enjoy reading his book to you.

Hint: If you can buy washable crayons do, but if you get a stubborn mark Ajax and a little water does the trick. A little silver polish works well on vinyl floors.

Shoppers Drug Mart

Shoppers Drug Mart advertisement in Women '85 supplement reads: Halston Spray Cologne 75 mL \$13.99. Size should read 28 mL. We regret any inconvenience.

Mom's recipes for Mother's Day

Dot's Celebration Salad
1 lb mini marshmallows
1 tin pineapple tidbits
1 tin pitted white cherries (pitted red may be substituted)
½ lb pitted green grapes (may be peeled if time permits)
½ lb sliced almonds
Toast almonds, combine and add the following dressing:
4 egg whites beaten stiff
½ cup heated milk
juice of 1 lemon
Cook in double boiler until mixture coats spoon. When cool add 1 pint of whipped cream. Put in fridge overnight.
Very nice. Serves 8.

Joan Wensel — a long-standing subscriber who writes us she "enjoys the paper very much" — of 13912-92 Ave., Edmonton, says this salad was always part of her family gatherings and was served in "aunt Leila's cutglass bowl on a beautifully set table."

The meal was cooked to perfection — a happy time for all of us, she says. Her mother's name is Dorothy Gainer.

Lamb Shanks and Barley
4 lamb shanks
1 cup of barley
1 large onion, chopped
salt and pepper

Cover well with water and simmer 2 to 3 hours on back of stove (old method). With electric stove, place in casserole in 325 degree oven for two hours. Makes a satisfying meal for four.

Baked Beans
1 cup brown beans
4 cups water. Soak overnight then boil with 1 large onion for 30 minutes or until tender.
Add 1 cup molasses
2 tbsps brown sugar
½ cup tomato ketchup
1 tps salt, dash cayenne, dash cinnamon
½ lb bacon cut in small pieces
Bake in covered bean pot for 3 hours at 325 degrees. Better than any canned beans!

Recipes by May John, mother M. Lophthien.

Cloutie Dumpling
1 lb flour
8 oz sultanas
8 oz raisins
8 oz shredded suet
12 oz brown sugar
1 carrot, finely grated (small)
1 egg
1 tbsps treacle (molasses)
1 tps baking soda

Mix ingredients together with about 1½ cups of sour milk to form a soft ball, place on a linen square which has been dipped in warm water, flour the linen (or

clout) before placing same — after tying corner to corner, leaving room for dumpling to swell — to boil or simmer in large pot of boiling water for 3 hours. (Put plate in bottom of pot).

From Ann Stuart, 749 Carnytine Rd., Glasgow. (A visitor from Scotland.)

Butter Buds
½ cup butter
½ cup lard
2 eggs
½ tsp baking powder
1 cup brown sugar
2½ cups flour
pinch salt
1 tsp vanilla or rum
Roll into balls, press with fork and bake. Good luck.

Walnut Cookies
1 cup butter
2 cups flour
½ cup sugar
2 tsp cream of tartar
1 cup broken walnuts
1 egg
1 tsp soda
vanilla
Mix well, roll into small balls and flatten with fork. Good eating

Out-of-This-World-Cookies
2 cups sugar
4 tbs cocoa or 1 square chocolate

½ cup butter or margarine
1 tsp vanilla
½ cup milk
Boil altogether in pan for 1 minute, cool just till bubbles go down, add 3 cups oatmeal, 1 cup coconut, ½ cup walnuts.
Drop on waxed paper with spoon and cool.

Carrot Bran Muffins
6 cups all purpose flour
1 tsp baking powder
3 bsp baking powder
1 tsp salt
4 cups bran
2 cups sugar
2 cups oil (use crisco)
2 tbsps cinnamon
8 eggs
6 cups grated carrot
2 cups water

Sift flour with baking soda, baking powder, cinnamon and salt. Blend in sugar and oil. Add half the flour and mix well. Add eggs one at a time, beating well after each addition. Add carrots, mix well. Add remains of flour — mix. Add raisins or currants and mix well.

Put into paper cups for muffins and bake in 350 degree oven for approximately 25 minutes. Yields 5½ dozen. You can freeze and use as needed. Really good.

Recipes from Margaret E. McCormick, Sidney. Her mother, Mrs. H. Biccum.

There's a message in 'Being a Teen'

By Becky Wood and Shannon Leslie

An updated sequel to the North Saanich school's popular, production of *Teen* goes on stage 7:30 p.m. May 9.

The musical *Being a Teen* — has a large cast of actors, dancers and singers including three Parkland students, two of whom participated in the previous show, and grade 12 student

Rachel Fricker, who is doing choreography and stage management.

There is also a solo dance number created and performed by grade eight student Brynn Jones.

Director Tom Probst who also plays Daddy Warbucks in the Parkland production *Annie*, points to the tremendous spirit of cooperation the two shows have fostered between the schools as

one of the more enjoyable aspects of the events.

The message in *Being a Teen* is quite different than the one in last year's show. Instead of saying that the teenage years are merely a stage in life like any other, part of the message is that teens want their parents to realize that the world we are living in today is far different than the one they grew up in.

The message is clearly outlined

by the title song:

Being a teen, being a teen, World of its own, not a place in between.

Hear our songs and you'll know what we mean.

Things are so different now since you were a teen.

Reserve tickets are available at the school during the lunch period, 11:50 a.m. to 12:25 p.m. Tickets will also be sold at the door.



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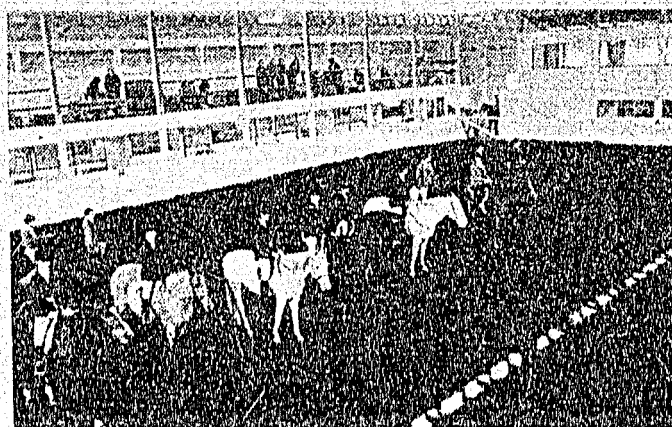
CALL US TODAY
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introductory consultation.

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9843-2nd AVE. B1
SIDNEY, B.C.

Diet Center.[™]
Lite Years Ahead.[™]



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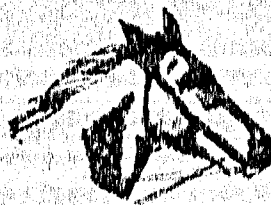
GROUP LESSONS \$14/hour incl. horse
PRIVATE LESSONS \$17/hour incl. horse
GROUP LESSONS \$10/hour private horse
PRIVATE LESSONS \$15/hour private horse
WESTERN LESSONS ALL LEVELS
EQUITATION, TRAIL HALTER

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Monday to Friday
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YOU GET MORE THAN NEWS!

The Review
Published on Wednesday of every week by
CANADIAN PRESS (1989) LTD.
2367 Beacon Ave., Sidney, B.C. V8L 1W9

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10 CHURCH SERVICES

ST. ANDREWS NORTH PRESBYTERIAN CHURCH

9:30 a.m.
EVERY SUNDAY
Sunday School
9838 - 4th Street
All Welcome
384-5734

FRIENDSHIP BAPTIST CHURCH

7820 Central Saanich Rd.
652-2723
10 am Sunday School
11 am Worship
E. Kratofil - Pastor
477-8527 652-2723
WELCOME

SIDNEY PENTECOSTAL CHURCH

(Christian Life Services)
10364 McDonald Park Rd.
Pastor: Dave Hauser

SUNDAY
9:45 am Sunday School, all classes
11:00 am Worship and Praise
Service, Nursery facilities
6:00 pm Worship and the Word
TUESDAY
7:30 pm Home Bible Study
WEDNESDAY
7:30 pm Home Prayer Meeting
Ph. 656-3712 or 656-8753

UNITED CHURCH OF CANADA

SIDNEY & NORTH SANICH
REV. R. HORI PRATT
Off. 656-3213 Res. 656-1930

ST. JOHN'S

10990 West Saanich Rd.
9:30 a.m.
ST. PAUL'S
2410 Malaview
11:00 a.m.

The Church By The Lake ELK LAKE COMMUNITY BAPTIST

5363 Pat Bay Hwy.
SUNDAY
10:30 am
Morning Service
& Sunday School
Rev. L. Funk
477-6957

Roman Catholic OUR LADY OF ASSUMPTION

7726 W. Saanich Road
8:30 am Assumption

ST. ELIZABETH'S CHURCH

10030 Third St., Sidney
5:00 pm Saturday Mass
10:30 am Sunday Mass
Phone 652-1909

ST. ANDREW'S ANGLICAN CHURCH

9686 - 3rd St., Sidney, B.C.
SIXTH SUNDAY OF EASTER
ROGATION SUNDAY
MAY 12th
8:00 am Eucharist
9:15 am Family Eucharist
(S.S. Nursery)
Coffee Fellowship
11:00 am Morning Prayer
Mother's Day and Camp
Columbia Sunday!
Rector: Rev. David Fuller
Lay Asst.: Kenneth Gray
656-5322 All Welcome

10 CHURCH SERVICES

PEACE LUTHERAN CHURCH

2295 Weiler Ave.
Sidney
9:30 am Sunday School
& Bible Class
11:00 am Family Worship
Dennis J. Paap, Pastor
"A Warm Welcome
to All Visitors!"

ANGELICAN Church of Canada ST. STEPHEN'S

(off Mt. Newton X Rd.)
SUNDAY
8:30 am Eucharist
10:00 am Family Eucharist
& Sunday School
11:00 am Matins
-4th Sunday only
WEDNESDAY
10:00 am Eucharist
& Teaching
Bible Studies, Teaching, Fellowship
during the week
WE INVITE YOU TO JOIN US
Rector: Rev. I.H. Futter
Office phone 652-4311

ANGELICAN Church of Canada THE PARISH OF ST. MARY'S SAANICHTON

Cultra Avenue
SUNDAY, MAY 12th
8:15 am Holy Communion
10:00 am morning Prayer
Sunday School & Nursery
Rev. Robert A. Sansom
Home & Office CHURCH
656-9840 652-1611

You are assured
of a welcome
at

SAANICHTON BIBLE FELLOWSHIP

A non-denominational
church meeting at
Keating Elementary School
6483 Central Saanich Rd.
9:45 am Communion
11:15 am Family Service
Pastor team:
Ross Alton 652-2669
Cecil Dickinson 652-3301
David Rice 656-4730
David Warner 658-8340

IN SIDNEY Bethel

FELLOWSHIP
BAPTIST CHURCH
2269 10th St., Sidney
Phone 656-5012
Interim Pastor: Ron Don Merritt
Two Morning Services
9:30 am Family Worship
and Sunday School
with Nursery Facilities
at both services
Second Service
6:30 p.m. Evening Fellowship
and youth program
WEDNESDAY 7:30 pm
Home Bible Study & Prayer Fellowship
FRIDAY 7:30 pm
Youth Programs and
Adult Bible Studies
A Church for the Whole Family

BRENTWOOD CHRISTIAN ASSEMBLY

meeting at
BRENTWOOD ELEMENTARY SCHOOL
Wallace Drive
10:30 am Family Worship
"Sharing the Christ Life
in Holy Spirit Power"
656-1562 652-6348

SAANICH PENINSULA CHRISTADELPHIANS

Moose Hall
7925 E. Saanich Rd.
(opposite Fairgrounds)
9:30 am Sunday School
11:00 am Memorial Meeting
Phone 652-3606

10 CHURCH SERVICES

SLUGGETT MEMORIAL BAPTIST CHURCH

7008 W. Saanich Rd.
Brentwood Bay
9:45 am Family Bible School
11:00 am Family Worship
7:00 pm Evening Fellowship
Wednesday
7:30 pm Bible Study
and Prayer Meeting
Pastor V. Nordstrom
652-5631 652-3313
A Friendly Family Church
Serving Central Saanich

ANGELICAN (Episcopal) HOLY TRINITY

Mills Rd. & W. Saanich Rd.
North Saanich
ROGATION SUNDAY
8:00 am Holy Eucharist
10:00 am Morning Prayer
Church School
Coffee Hour
Wednesday
10:00 am Holy Eucharist
ASCENSION DAY
7:30 pm Choral Eucharist
for Deanery
The Rev. D. Malins, S.S.C.
Rector 656-3223

UNITED CHURCH OF CANADA

CENTRAL SAANICH
Rev. Stephen Swift
Off. 652-2713 Res. 652-9635

SHADY CREEK

7180 East Saanich Rd.
9:45 am Family Service
and Sunday School

BRENTWOOD

7162 West Saanich Rd.
11:15 am Family Service
and Sunday School

BRENTWOOD ANGELICAN CHAPEL

"Jesus Christ is Lord"
SUNDAY, MAY 12
EASTER V
8:00 am Holy Communion
10:30 am Morning Prayer
Rector: Rev. Alistair P. Petrie
792 Sea Drive
Brentwood Bay 652-3860

PENINSULA ALLIANCE CHURCH

MASONIC HALL,
9908 - 4th St., Sidney
SUNDAY
9:45 am Sunday School
11:00 am Family Worship
TUESDAY
7:30 pm Home Study Groups
Further Information
Pastor C. R. Alton
474-3961

18 BABYSITTING SERVICES

EXPERIENCED DAY CARE / Afternoon 656-1467 20

19 HELP WANTED

HAIRSTYLIST for salon in Sidney. 535-2944 20
PRESCHOOL SUPERVISOR: two mornings a week for
Co-operative preschool in Sidney. A member of the
V.I.C.P.A. Apply in writing by May 15, 1985 to: Sidney
Preschool, 2267 George Street, Sidney, B.C.
V8L 6N1 19

20 WORK WANTED

QUALITY FURNITURE refinishing at reasonable
prices. At 478-6956 24
EXPERT PRUNING, TRIMMING and general gardening.
Reasonable rates. Call 656-5362 after 5 p.m. 11
NEED YOUR WINDOWS WASHED? For a quality job call
Blaine at 656-1475. Most houses \$15.00 19

20 WORK WANTED

YOUNG MAN WITH TRUCK will do gardening, clean-
up, roofing and general home maintenance. 652-5020.
11
PROFESSIONAL PRUNING. Fruit trees and ornamen-
tals. 656-6693 11
RESIDENTIAL WINDOW CLEANING. Reasonable and
negotiable. 656-6693 11
ROTOVATING complete lawn and garden care, land-
scaping, brush cutting. Guy 656-1083 Roy 656-9916 11
CLEANUPS basins, attics, yards, ceilings, walls, ovens,
windows, indoors/out, painting or any job you don't
find time to do. 652-0722. Reasonable rates. 22
BHR BROS. LANDSCAPING SERVICES. 656-8911 11
DEEP COVE MAN with truck for haul-aways, yard,
garden, house maintenance, painting, concrete work,
fencing, chainsaw work. Any kind - yard, basement,
garden clean-up, window washing, pruning, rotat-
ing, etc., etc. Malcolm. 656-9312 11
EXPERIENCED LANDSCAPER, gardener available to
beautify your property and home. All phases of land-
scaping and outdoor maintenance. Planting of shrubs,
turf for lawns, seeding of lawns, rock gardens. Rock
walls, patios, pruning, lawncuts. All year garden and
outdoor care. Call Russell 656-3260 or 656-8748 20
CARPETS REFITTED, repaired, restretched. Call 652-
9882 21
CLEAN UP - I have a one ton dump truck to haul away
any refuse or will deliver sand or gravel, top soil and
manure. 656-5671 26
CERTIFIED BABYSITTING, 12 year old girl. \$1.50 per hr.
After school or Saturday. 656-3317 19
SPRING CLEANING - team work pays off. 2 hard work-
ing women for spring cleaning or weekly
maintenance. References and estimates given. 656-
7769 or 656-4495 20
PERM AND CUT \$20.00, your home 656-9565 20
HOME REPAIRS, carpentry, painting and yard work.
Reasonable rates. Stuart 656-0297 20
CARPENTER SEEKS jobs of any kind, large or small.
Renovations, additions, sun decks, etc. Free
estimates. 656-6487 11
S.Q.S. LTD. for professional window and gutter clean-
ing. 656-3317 11

23 BUSINESS SERVICES

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AZTECH BUSINESS FORMS
are comparable in price & quality and
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Discount Printing
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2383 Beacon Ave., Sidney

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from \$74.99 R.V. 20 per cent off
material. Order your custom made boat seat slip
cover, save your upholstery. Sit in comfort. All in new
seaworthy material, avoid the rush order now. 381-
4232 21
TUTORING - math, science, english and languages. All
levels, certified teachers, reasonable rates. 652-0749
11
CARPETS REFITTED, repaired, restretched. Call 652-
9882 21

30 APPLIANCE SERVICE

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BEDDING PLANTS, geraniums, fuchsias, hanging
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\$300, tractor, \$1,500. Front blade, \$200, disc cultivator
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Road. 28K.W. INGRAM, 2277 Amherst. 656-3297. Old age pen-
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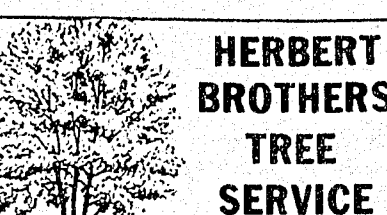
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hardtop, metallic blue, PS, BB, 86,000 miles. Good
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downside and muffler, new ball joints and engine has
lifetime anti-friction treatment. 3975. 656-8068. 1972 4x4 WAGONER JEEP, Station wagon, excellent
mechanically, needs work on tailgate, never used off
road, follow. 9950 che. 656-1804. 21

1989-1989 VW PARTS, for quick sale, 656-5605. 21

72 CHEV MAXI 100 station wagon, Very good condition.
17,600. 656-8070. 21TIRES \$140.00 pr. or \$40.00 mounted on your rim. 470
2975 (near to mid night). 2074 CEICA, automatic, new tires and muffler, good
shape. \$2,800 firm. 478 4468. 1973 TOYOTA COROLLA standard, \$550. Phone 478
7543. 201970 DODGE VAN, 3 door, standard, \$2,900. Good
condition. 474 1053. 2074 TORINO STATION WAGON, clean, great condition,
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plus other extras. Friendly, reliable. Reasonable
condition. 14,000 kms. \$11,900. OBO. 363
6725. 191979 HONDA, E.H.L. 250 Limited Edition, excellent
condition, 16,000 kilometers, accessories. \$2,000.00.
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little used. \$225. 656-4132. 19TOYS - FISHER PRICE Magic Shop, \$15, cash register,
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the pool, \$15. 656-8984. 19

BROWN PLASTIC electric organ, \$29. 656-3117. 19

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656-8117. 19307 MOFFAT GOURMET 17 cu. ft. ice refrigerator with
ice maker. 6665.00. The Great Dane's. 479 4459. 19ZENITH 25 CU. FT. FREEZER Good working order,
\$205.00. 1 single company bed, white, with matching
desk and night table and chair. \$225.00. 656-7124. 201983, 7 1/2 H.P. HONDA OUTBOARD, Approximately
30 hours on motor. Excellent condition. 745 5955. 1977 1/2 HONDA CHAFFERFIELD, matching chair and
ottoman, light in colour, \$400.00. 656-4023. 19LADIES 14 KT. DIAMOND CLUSTER RING worth \$900.00.
Make me an offer. 656-5007. 1978 23 VANGUARD MOTORHOME, bunk beds, Dodge
chassis, 21,500 miles, \$15,000. 478-5155. 19STILLING OLDER 16 foot Golden Falcon trailer, sleeps
4. Very good shape but no furnace. Asking \$1,450.
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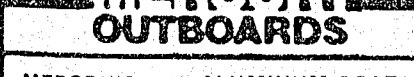
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19 FT ST. PIERRE GARY with trailer \$500.00 or swap for
aluminum boat 477-3374. 191980, 7 1/2 H.P. HONDA OUTBOARD, 4 stroke, long
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p.m. 19

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— Expanded shop facilities
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fastened cedar oak mahogany construction. Drop
keel, mast, sail rudder. \$1,000. 656-1458. 1920 JAY BENFORD CATBOAT, Airex core hull and deck,
complete kit, 21 put it together, rigging and sails in-
cluded. Offers on \$8,000. 656-3312 after 6 p.m. 19ANYONE INTERESTED IN Yanmar Diesel Course,
Phone 656-2189. 19CHRYSLER OUTBOARD, 35 longshaft. Elec. start, used
little, will sell or trade for very small one. 656-3346. 19

11 FT. ALUMINUM trailer, 9 wheels, \$350. 656-3346. 19

7 1/2 FT. HORIZON SAILING DINGHY, Excellent condi-
tion. \$250.00. 41 charts, westcoast, U.S., Mexico and
Hawaii. \$225.00. 656-9550. 1916 1/2 FT. SANGSTER 85 H.P. Evinrude, full canvas and
trailer, \$5,700.00. O.B.O. 652-2293 after 6 p.m. 20WANTED: damaged or unused 10 1/2 wood or
fiberglass boat. 656-0297. 19120 MISCELLANEOUS
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GOLD FEVERYou have seen the Flying Dutchman gold
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DISCOUNT GLASS and mirrors. Tempered glass for
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cassette deck. 656-3462. 19GRANTS SMALL MOTORS introduces the new Toro
lawnmowers 2 year warranty 10134 McDonald park
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sale. 740 4292. 1916 CU. FT. MOFFAT freezer, excellent condition, \$275.
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twinblade, \$45, 4 slice toaster, \$12. 2 slice toaster,
\$10, record player suitable older child, \$20, and
Playmate, \$10. 656-7062. 1911 H.P. SEARS RIDER ELEC. MOWER, gold, leatherette
couch, oak refractory table, twin beds, sofa, a variety
knights, G.M. inventory with compatible clothes, 2 good
dressers, infant and maternity clothes, All good condi-
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liter) all complete with pressure gauge and stand.
Only \$40.00. Phone 656-7062. 1920' ADMIRAL RANGE, 2 months old, \$450. 478 4459.
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656-1092. 19COUNTRY HERBS PLANT SALE, Saturday May 11, 10 a.
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3400. 19TOYS - FISHER PRICE Magic Shop, \$15, cash register,
110 stove, \$10, lunchbox, \$4, happy riders doll, \$12,
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the pool, \$15. 656-8984. 19

BROWN PLASTIC electric organ, \$29. 656-3117. 19

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656-8117. 19307 MOFFAT GOURMET 17 cu. ft. ice refrigerator with
ice maker. 6665.00. The Great Dane's. 479 4459. 19ZENITH 25 CU. FT. FREEZER Good working order,
\$205.00. 1 single company bed, white, with matching
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Make me an offer. 656-5007. 19125 MISCELLANEOUS
WANTEDRIDEY'S 24 HR. TOWING - Spring Clean up, and end of
season, rent cars, Cash and for complete vehicles
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478 2918. 22WE BUY - antique and collectible dealer buys
furniture, china, furniture, glassware, jewelry, tape-
stry, crystal, lamps, computers or what have you. One
article or household. 652-8040. 44

130 GARAGE SALES

SAT MAY 11th, 10-4 1013 Marchant, Brentwood. Fur-
niture, small appliances, beer fridge, A-frame for
dinghy, toys, books, children's books, school desks,
linens and household odds and ends. 19GARAGE SALE 2063 Piercy Ave. 10 - 3 p.m. Sat. May
11th. 19GARAGE SALE 2508 Shoreacres Road, Sidney, Sat May
11th 9 - 2 p.m. 19135 BUILDING
MATERIALS**Beacon**
Ready-Mix Ltd.Sand - Drain Rock - Gravel
Navy Jack - Steel Culverts

2068 Henry Ave., Sidney, B.C.

Mon.-Fri. 7-5 PM Sat. 7-3 pm

160 PERSONALS

JOY HUNT AND FAMILY of Roy's Marine Services - we thank you for making our retail such a success - "Chere Amie". 19

BRENTWOOD BARGAIN BARN - wants quality household furnishings and appliances. We buy entire households. Check us first 652-3703 or 652-2835. 19

165 BUSINESS PERSONALS

ALTERATIONS, DRESSMAKING, TAILORING. Ladies and mens. Experienced and professional. Pick-up and delivery available. TRILLIUM CREATIONS. 656-3190. 19

TYPESETTING AND TYPING now available locally. Books, manuscripts, brochures etc., etc. Call COPYPRINT 656-1233 or evenings 656-6466. No job too small. 19

RELIABLE STENO SERVICE. Dicto-letter, help for an office overload situation, statements, reports, theses, etc. Call Helen 656-4915. 19

EXPERIENCED LEGAL and scientific secretary/typist (formerly Institute Ocean Sciences) seeks work at home on IBM Selectric 3. Accurate and reasonable. Will collect. Sello. 479-2240. 19

TYPING NOW AVAILABLE fast and efficient. Call 656-0747 ask for Mildred Costa Properties (1982) Ltd. 2388 Beacon Avenue, Sidney. 19

EUROPEAN FOOT CARE in your home. Call Angela. 652-9727. 21

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170 Coming Events & Announcements

FRESH FLOWERS
NOW AVAILABLE AT
SAANICH PENINSULA HOSPITAL
FOR YOUR CONVENIENCE
CLASSIC FLOWERS
2391 Beacon Ave. 656-0411

SENIORS (60 OR MORE). New to Sidney? Don't know anyone? The Silver Threads Centre offers classes, activities and a warm welcome. Drop in to 10030 Resthaven or call us at 656-5537. 19

THE PENINSULA COMMUNITY ASSOCIATION. 9788 2nd St., is the information and volunteer service centre for the peninsula. If you need assistance or if you wish to volunteer a few hours a week to help others in your community, please call 656-0134 for further information. 19

THE PENINSULA DISARMAMENT GROUP meets regularly. To join us, help us, or just for information, call 656-2908 or 656-5457 after 5 p.m. 19

IS OVEREATING creating problems in your life? Overeaters Anonymous can help you! No dues, no weigh-ins. Call 652-2901 or 656-2831. 19

SURVIVORS OF SEXUAL ASSAULT Drop-in group meets every Wednesday, 7-9 p.m. at 1045 Linden Ave. 383-5545, 10-5 p.m. Monday to Friday for more info. 19

TOUR LEAVING JUNE 30th for three weeks in Japan. Stay in a Japanese home. Excellent value. Info 656-3018, 658-5095. 20

SAVE YOUR USED STAMPS - Western Square Dance Association collects all used stamps. Proceeds to Cancer Fund - drop them off at The Review. 19

175 BIRTHS

MCLEOD: ANGUS AND LIND are happy to announce the birth of their daughter Suzanne Marie. Born April 26th, 9lb, 9oz, in Prince George. First grandchild of Gerry and Betty Humphries of Sidney. 19

180 ENGAGEMENTS

MR AND MRS G.E. HIBBERSON are pleased to announce the engagement of their youngest daughter Heather Dawn to Mr. Peter George Sinnott. The wedding will take place on May 18th at Our Lady of the Assumption at two o'clock. 19

195 OBITUARIES

WORRALL - Winifred Emily died April 27, 1985 age 83 years. Survived by son Hal Worral of Deep Cove and daughter Barbara Aquin of Calgary, 4 grandchildren and 2 great-grandchildren. 19

205 LEGAL NOTICES

LAND TITLE ACT
Section 189

In the matter of Kenneth Lawrence Toby and Mary Gloria Toby
And in the matter of Certificate of Title K87693
And in the matter of Amendment to 12 (D) 177734-11 of Section 22, Hange 3 West, North Saanich District, Plan 4735
TAKE NOTICE that proof of loss of duplicate copy of the above certificate of title having been filed in this office, I shall at the expiration of 2 weeks from the date of the first publication of this notice, issue a provisional certificate of title to the above land in lieu of the lost certificate of title, unless in the meantime valid objection be made to me in writing.
Dated at the Land Title Office, Victoria, B.C., this 24th day of April, 1985.
R.E. Hovatt
Registrar of Title
Victoria Land Title District
*Date of First Publication May 8, 1985.

211 REAL ESTATE FOR SALE

OWNER. 1600 ft. Near new, 3 baths, extra best buy in Sidney. \$89,900.00. 656-8993. 25

DEAN PARK ESTATE. Builder must sell luxury rancher located on cat. (1940 sq. ft.) 2 (D) 177734-11. 478-1054. Open daily 2-5 p.m. 1750 Dean Park Dr. 20

DEAN PARK ESTATES \$149,000 quality 2000 sq. ft. split level 3 bedrooms, 2 baths, den, large oak kitchen, family room and rec room. 1754 Colborne Place. 656-0035. 19

SAANICHTON - sold by owner. Spacious, modern home. Excellent area. 2 F.P.s, 3 baths, well-contained apt. If required. No agents. \$99,000. Phone after 4 p.m. 652-3626. 19

SIDNEY. 2-3 bdrm. house in low suite lot 110-470, oil plus woodstove \$79,900. 656-7992. 19

2 BDRMS., \$51,500. Solid home with San Geronimo. Private. 112-551-4558. (Call home). 22

BY OWNER. 3 bdrm. house - plus unit. Proposed multiple. Rented. 4002 Resthaven. \$56,900. 656-8600 evenings. 22

BRENTWOOD BARGAIN BARN - wants quality household furnishings and appliances. We buy entire households. Check us first 652-3703 or 652-2835. 19


2 BEDROOM ADULT ORIENTED CONDO on 3rd Street. Close to Rens. appliances included \$55,000.00 652-4025. 19

SCOP SUPER SEAVIEW. 1/2 acre B16 Marshall Road. 1st right. 1000 sq. ft. 1st and 2nd fl. out of four homes. Original farmhouse complete with hand-crafted leaded glass, chandelier. Separate guest room with elec. heat. Asking \$74,900. New A15. Please view by appt. Hospital chemo. Lynette Dalshaw 479-1647, 656-9949, 111 Whitford Co. 19

DEAN PARK. Buyer, would last long. Custom built home on 1/2 acre. Very private back yard on quiet cul-de-sac. 4 bdrms up, 3 bathrooms, large oak kitchen with granite and maple floor, oak cabinets, granite and maple floor, oak cabinets. Only \$129,900. 8708 Nash Road. 656-6500. 19

211 REAL ESTATE FOR SALE

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Realtors



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Insurance Agents
AUTOPLAN
Member - Victoria M.L.S.
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You will appreciate the larger rooms in this well constructed and beautifully maintained home in the North Sidney area. Large living room and dining room, family size kitchen, four bedrooms (two up and two down) and recreation room. Extra parking at the rear for boat or camper. Separate workshop building 14' x 13'. Convenient to marinas and schools. ML 88166. NOW ONLY \$89,500.

ARDMORE AREA
A delightful home with a lot of character situated on three quarters of an acre of property. Large living room with granite fireplace, separate dining room, two bedrooms plus an upstairs room. Attached workshop and storage area. In a wooded setting of evergreens and dogwood trees in the Ardmore area. LISTED AT \$95,000.

BRENTWOOD
A most attractive rancher in a quiet location only one block from the beach. This well-maintained home features a panelled living room with antique brick fireplace, separate dining room, kitchen with large eating area, two bedrooms and a small den, double garage. Fenced property. Many other pleasing features. ONLY \$85,000.
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Then rely on professional service and advice. Visit me at my Open Houses or phone and I will drop by at your convenience. Ask about our National Catalogue Service.
CALL JACK WEEKS
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New THREE bedroom RANCHER on a SEAVIEW lot for only \$99,900. For more details call
ANNE DALGLIESH 656-0664
Century 21 Saanich Peninsula Realty Ltd. 656-0131

SUMMERSGATE SPECIAL
ONLY \$79,000
2 B/R and den unit. Price includes all appliances. Maint. just \$44/month.

COME SATURDAY OR SUNDAY
We'll be there to show you this elegant 3 B/R rancher in Dean Park. Custom design & quality construction. Asking \$114,000.00 vendor financing 9 3/4%. Drive out to 8674 Forest Park.
DIAN PHILLIPS OR FRAN LOVE
656-2646 656-3188

9625 FOURTH ST.
A value-packed, comfortable family home you should see right now! Contains many excellent features including 3 B/R, 2 bath, attractive fireplace, well-planned bright kitchen. Just \$79,500. Good financing available.
FRAN LOVE 656-3188

211 REAL ESTATE FOR SALE

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DEAN PARK ESTATES

INFORMATION CENTRE
(Located off Dean Park Rd.)
OPEN 10:30-4:30 DAILY
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by our information centre for Maps, Plans and pricing. An unbeatable combination of features, selection and value. 1/3 acre fully serviced building sites priced from only: **\$39,000**

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SAN JUAN HARBOUR wilderness camp site. Shore and enjoy 1500 ft. waterfront. Spring special starts at \$3,000.00. Phone 642-6865. 20

SIDNEY HOUSE FOR SALE by owner. 2 bedroom house spare bedroom in basement. Comfortable rec room. On a quiet street. 656-3319 after noon please. 20

SEAVIEW MOBILE HOME, excellent condition, 12x60, enclosed work porch area, fully furnished, 4 appliances, 2 bedrooms, large lot. Pod rental \$150 per month. Quiet retirement park near Sidney. Must sell, \$20,000 CBO. 112-943-2062. Rental possibility. 20

SIDNEY CONDO \$34,900. 1 Bdrm., ground floor, w/balcony. Adjacent to marina in White Birch Road. Owner 656-5613, 112-539-2052. 19

ESTATE SALE - 4 bdr., 1 1/2 bath, F/P with extra wood heater in basement. Hardwood floors, sunny location on 1/2 acre with private backyard. Offers on \$110,000. 652-3620 or 478-9920. 20

1.23 RURAL ACRES just north of Duncan. Assessed at \$23,000. Has good garden area, 1x24 building. Septic tank in and well. \$10,000 cash or will take dump-truck or motorhome in trade. Phone 656-5618 after 8 p.m. 20

212 REAL ESTATE FOR RENT

ADULTS ONLY

Retire in Comfort at
BRENTWOOD TOWER APARTMENT

Grow your own flowers and veg.
Freedom to stroll around our 4.5 acres.
10 min. to Sidney. \$365 to \$475
includes heat - TV - Parking
Mr. & Mrs. Reeves 652-3437

652-3437
BRENTWOOD TOWER APARTMENTS

FOR RENT
PRIME RETAIL SPACE
Located near 5th on Beacon Ave. in Sidney. Approx. 350 sq. ft. \$490.00 per month includes light, heat, water & taxes.
Call Dan 656-0123

SIDNEY - 1 bdrm. apt. w/w carpet, drapes, stove, fridge, cable TV. Available June 1st. 1985. 656-1673. 19

HOUSE FOR RENT - fridge, stove, 2 bdrm up, 1 down, close to Sidney elementary school. Call 656-4324. 19

ONE BDRM. DUPLEX in Sidney. Available May 15th. \$350 per mo. Phone 656-6172 or 656-8886. 19

TRY SALTSPRING - 2 bdrms., close to lake and ferry, \$550 per mo. 112-652-4558 (Salt Spring). 19

3 ROOMS PLUS KITCHENETTE and bath. Waterfront. Adults only. No pets. References \$350.00 per month. 656-3302. 19

JUNE 15 OR JULY 1 3 bedroom house, unfurnished on quiet street, fenced back yard, 4 appliances and drapes included. Call 656-7915. 19

PRIME OFFICE and retail space in downtown Sidney. Rents are totally negotiable and no reasonable offer refused 479-0990. 20

212 REAL ESTATE FOR RENT

NEW 2 BEDROOM TOWNHOUSE. Available May 15. 3 appliances, w/w, 1 1/2 baths, f.p., skylight, wicker view, parking and w/d hookup. \$540.00 phone after 4 p.m. 656-4901. 19

THREE BDRM. DUPLEX, 1 1/2 bath, F.P., full basement, fenced yard, no pets. \$595.00 per mo. 656-4066 or 656-4063. 19

3 BEDROOM HOUSE for rent \$575.00 per month. Available June 1st. 2363 Malvern. Phone after 4 p.m. 656-3825. 19

3 BEDROOM HOUSE finished suite downstairs, appliances included. 656-4513. 19

IN CENTRAL SAANICH 2 1/2 bdrm. bungalow, private location, avail. June 1st. \$500.00 p/mo. References required 652-2956 after 5 p.m. 20

SIDNEY 2 bdrms from Beacon. 1 bdrm. apt. fridge and stove included. 386-0041. 656-4777. 20

SIDNEY - furnished room to rent. 9601-7th St. at Ocean St. \$185 per mo includes utilities. Is across from park. 19

TWO BEDROOM HOUSE. 2 baths, fridge stove washer, dryer, including utilities. \$650. Fully carpeted carpet available immediately. 656-6972. 19

SIDNEY - 2 bdrm. appliances, w/w, drapes, adult \$475. incl. 656-6511. 19

RETIRED - they could be just perfect. 2 bdrm. ground level, newly decorated. Brentwood-Saanichton. \$395 per month. Really nice, small bldg. 652-4777. 21

THREE BDRM. DUPLEX, 1 1/2 bath, F.P., full bsmt., fenced yard, no pets. \$625. per mo. 656-4066 or 656-4003. 20

213 REAL ESTATE WANTED

MATURE RESPONSIBLE MALE requires furnished 1 room and kitchen privileges or board. Effective 21 May 1985. Reply to Box 125. The Review. 2367 Beacon Ave. Sidney. 19

FURNISHED BACHELOR SUITE or room and board. Single, quiet male. Reasonable rent. May 15th. 656-4153. 19

ROOM AND BOARD wanted for UBC student working in Sidney from May 13 until September. Phone 656-2961. 19

the REVIEW

CLASSIFIEDS
656-1151

211 REAL ESTATE FOR SALE

211 REAL ESTATE FOR SALE

Castle Properties (1982) Ltd
2388 BEACON AVE. - SIDNEY
656-0747

6% FINANCING AVAILABLE
On this completely renovated 2 bdrm. bungalow situated on almost 1 1/2 acre of level garden soil. Fully fenced. Ideal for nursery, business. Separate garage, workshop in part basement. Priced to sell quickly at only \$83,900 and vendor financing available at only 6%. Try your down payment. Phone right now 656-0747 ask for **FREDDY STARKE 652-9602**.

BRAND NEW
BRENTWOOD
RETIREMENT
BUNGALOW
\$79,500

Spacious retirement Bungalow close to Butchart Gardens to be built to your specifications. 3 Bdrms. Living-Dining room with heatilator. F.P. Master Bdrm. with ensuite. Pick your cabinets and carpets, phone right now on this and others that we have available.
FREDDY STARKE 652-9602
JOE STARKE 656-8751
LARRY OLSON 656-1050
CASTLE PROPERTIES
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BRENTWOOD'S
BEST
BUILDING LOT
\$33,900

Fully serviced and ready to build on Country like setting close to Butchart Gardens. Bring your plans or try ours. We'll custom build for you. Phone right now.
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LARRY OLSON 656-1050
JOE STARKE 656-8751
CASTLE PROPERTIES
656-0747

Perfect retirement home only half a block from the ocean. In a well established area in Sidney. This 2 bedroom home must be seen to be appreciated. Spic & span throughout. Spacious kitchen with eating area. Fully fenced backyard with southern exposure. Good sized garage with workshop area. Priced at only \$62,900 with an assumable Mortgage. For more info and viewing call right now **Freddy Starke 652-9602, Joe Starke 656-8751**.

Developer requires subdividable land or Building Lots on the Peninsula. Fast decisions. 656-0747. Ask for Joe Starke 656-8751.

Commercial zoned lot in heart of Sidney, across from Landmark Bldg. Approx. 6,000 sq. ft. For more info, call **FREDDY STARKE, 652-9602 or 656-0747**.

BRENTWOODS BEST BUY
Price Reduced
\$78,500
Ocean & Mountain View
This Large Family Home in the heart of Brentwood must be seen to be appreciated. 3 bedrooms upstairs, in-law potential in full high basement. Two natural rock F.P., spacious kitchen with eating area. Lots of cupboards. Covered sundeck off kitchen. Mature landscaping. Large fully fenced backyard with Southern exposure. For prior viewing call right now.
FREDDY STARKE 652-9602
JOE STARKE 656-8751

INDUSTRIAL ACRE
\$225,000. One acre industrial zoned lot close to Victoria Airport, ferry and highway. Level and easy to build on. Vendor may take view lot or waterfront lot in trade as down payment.
FREDDY STARKE 652-9602 or JOE STARKE 656-8751.

YOUR VERY OWN
LAKEFRONT
\$49,500. 2.4 acres of paradise on Eagles Lake. Beautifully treed. Hydro at lot line, good producing well. Bring your building plans or buy as future investment. Asking only \$49,500. Approximately 15 minute drive from Woolco. Be first to view with: **FREDDY STARKE 652-9602 or JOE STARKE 656-8751**.

LICENSED REALTORS REQUIRED
Castle Properties (1982) Ltd. has room for two active Licensed Realtors. Progressive desk fee or progressive commission split to 90% - 10%. All inquiries will be held strictly confidential. Contact **FREDDY STARKE 652-9602 JOE STARKE 656-8751**

DEEP COVE BEAUTY
SEAVIEWS
\$159,900.00
This 2350 square foot family home is immaculate throughout. The quality builder has finished this home with many features that you don't normally find today. Lots of interior woodwork and excellent planning have gone into this home. It is a must to view so call now for an appointment **LARRY OLSON 656-0747 or 656-1050**.

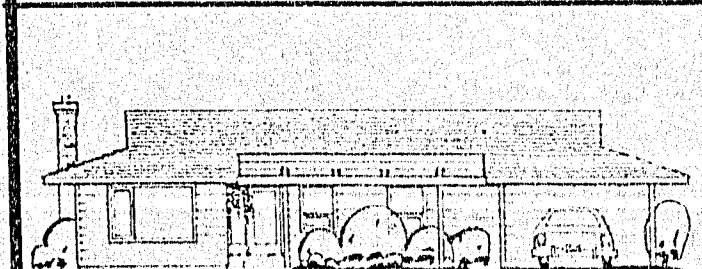
\$34,500.00
SAANICHTON RANCHER
\$70,000 MORTGAGE
This 3 Bedroom rancher is on the end of a cul de sac. Parking for a boat or motorhome. Fully fenced backyard with nice barbecue patio area. Assume the existing 12 1/2% mortgage and make your offer. **LARRY OLSON 656-0747 or 656-1050**.

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ONE LEVEL LIVING AT ITS BEST

Located on a quiet cul-de-sac. This home sits on a level lot with room for R.V.'s. Features include fireplace, ensuite, private sundeck, heated crawlspace & landscaping! Brand new for \$87,900. T259
FRANK SIMS 652-0159

ROLLING HAY FIELDS

Rolling hay fields surround this neat little rancher located on .48 acres with private backyard. This 2 bdrm. home is set amongst large lawn and fruit trees. Close to all amenities. Taking offers on \$77,500. T349.
RON KUBEK 656-5584

CALL ONE OF OUR SIDNEY BESTSELLERS FOR A FREE CATALOGUE OF HOMES FEATURING OVER 200 SAANICH PENINSULA AND VICTORIA LISTINGS.

SIDNEY BESTSELLERS		WE WORK FOR YOU!	
DOUG BODALY	656-8160	MARTEN HOLST	656-7887
DALE CODD	657-9285	BOB KING	656-3257
RAY HEADRICK	656-2167	DOUG CAMPBELL	652-5915
JAUNITA HUTTON POTTS	539-2224	JIM DIXON	656-0224
PAM KING	656-3257	RON KUBEK	479-0944
		RICK PARTINGTON	652-1958

BB BB BB BB BB BB BB BB BB BB BB BB BB BB BB BB



It occurs to me that very soon most gardeners will be ready to transplant seedlings into the garden. One thing to consider before you start is the business of "hardening off" which means getting young tender plants used to being outside both day and night by gradually introducing them to the great outdoors.

This means a lot of transporting — moving plants outside during the day, and back inside for the night — a tedious job, but very worthwhile, and need only go on for a week or 10 days. If you are buying plants from a nursery ask if they have been "hardened off". Maybe you will be lucky and they will have done it for you.

The next thing is to get the plants from their small plastic containers into the garden. First water the plants well, then gently ease the whole lot out onto the soil. Take a sharp knife and divide them as you would slice a cake, firmly cutting right down through the roots to the bottom . . . you should now have five or (if you are lucky) six separate plants.

These should be got into the ground as quickly as possible, especially if it is a warm sunny day. If for any reason you have to delay planting, either throw damp newspaper over the seedlings or loosely cover the exposed roots with dirt.

Dig your planting holes just a little deeper than the surrounding ground, put each seedling in a hole, fill in around each one, then water well with a transplanting solution (I use something called "10-52-17" which encourages new root growth.).

Now firm the soil around each plant with your fingers so that no air pockets remain underneath and then erect a shelter so that each

transplant is shaded for at least a couple of days. I use egg cartons with a small stake pushed through the hinge part, and it works beautifully.

I have been teased about trying to grow eggs as well as vegetables, but since I hate to throw the cartons away, this is one other use for them, but newspapers folded so that the pages form a sort of tent works just as well. Even long blades of grass scattered over the plants will do . . . just anything to keep them out of the heat until they have had a chance to settle into their new environment. Ideally you should transplant on a dull day, of course, then you don't have to worry about a thing.

A couple of hints passed on by other gardeners Reg Davis had a good idea. He took his three-pronged weeding claw, and sawed out the centre claw, then slightly spread the outside two, bending them just a little forward at the same time . . . now he says he has the perfect tool for weeding both side of a row at once, the centre of his new tool passing right over the tops of small plants without so much as touching a leaf.

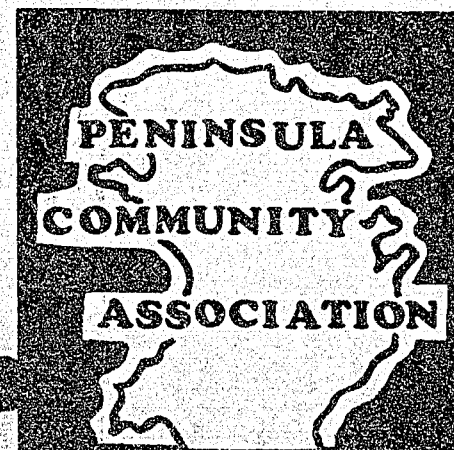
Len Mullholland has a suggestion on planting leeks. It seems that for years he grew nothing but those delicate narrow leeks scorned by all true leek growers (very like the ones we grew, each terribly tasty but also humiliatingly small). Len talked with an expert, and now passes on these words of wisdom.

Hold each leek seedling up and quite ruthlessly snip off all but two inches of long dangling root, leaving each with roots squared off neatly. As you probably know, leek roots must never be bent back up toward the top of your planting hole, or one of two things is supposed to happen 1) Your leeks will promptly go to seed or 2) never grow to any respectable size.

At this point I would like to repeat a lovely story told me by a leek grower of considerable repute — David Robertson. He says that in ancient times the largest coarsest leeks grown on an English country estate were considered good enough for the common folk, the medium ones were eaten by the gentry, but only the smallest and most delicate were considered good enough for the "lord of the manor." Always made me feel better about our rather bitty leeks!

My brother (a newcomer to gardening) has asked me to explain some of the terms bandied about by gardeners. He is a doctor, and doesn't think twice about telling someone they have "a baglionitwichtitis", but let me say to him "Please do you have a set of secateurs?" and he will groan and say "What on earth are you talking about?"

Just to oblige him let's start off with "secateurs" which are very strong scissors, usually curved at the tip and used for pruning things like roses.



By Marjorie Denroche

Congratulations to Sidney Fish and Chip Shop for enabling STAG (Sidney Teen Activity Group) to help themselves! The shop is generously donating the day's catch to the group on May 15 so please drop in for an order or two of the shop's great fare.

Better still, why not drop into the PCA office at 9788-2nd St. and pre-order (and pre-pay) prior to the May 15 delivery of lunch specials which will be available only between 11:30 a.m. and 4:30 p.m.

These are oysterburger, slaw

and chips (\$4.25), ling cod, slaw and chips (\$2.25), and fishburger, slaw and chips (\$3.25). Sounds like a great way to have a staff lunch without worrying about who's bringing the sandwiches! STAG volunteers will deliver your piping hot order at the time its requested.

Thanks again to Sidney Fish and Chip Shop. Proceeds will really help the youth group with purchase of equipment and funds for summer activities. For more information about STAG call 656-0134 . . . activities, counselling, group support, job placement . . . this group has a lot going!

If you love little ones will you please consider helping the New parent Discussion Group as a sitter? The Sidney group which meets at St. Paul's United on Tuesday mornings between 9:30 and 11:00 a.m. could really use a hand as there are often quite a few little ones to be cared for while their mothers take part in discussions, sharing of ideas,

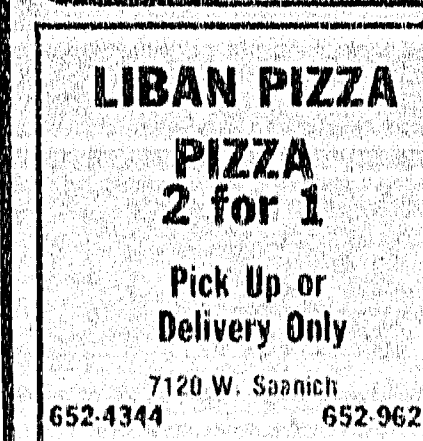
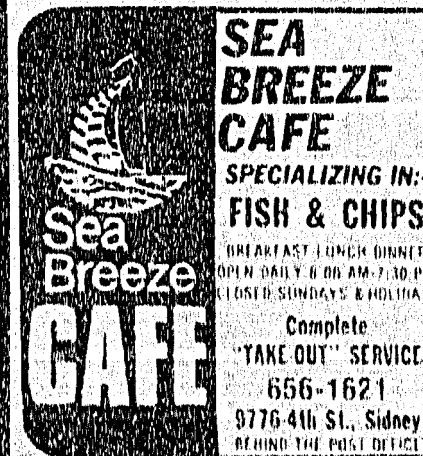
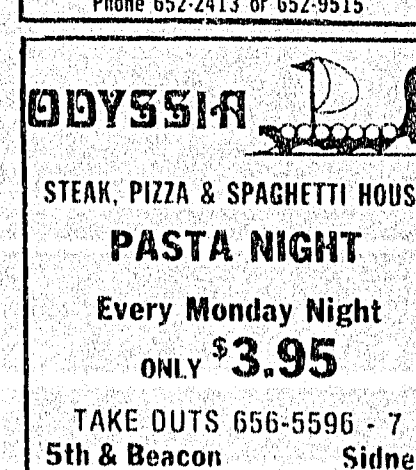
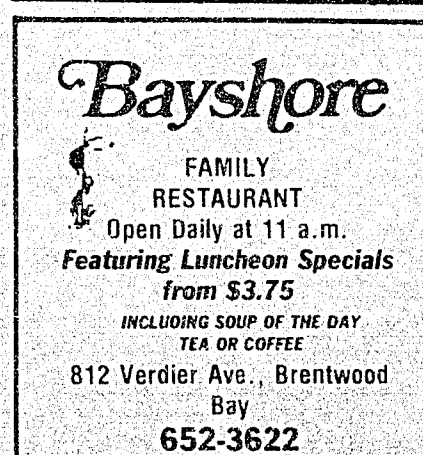
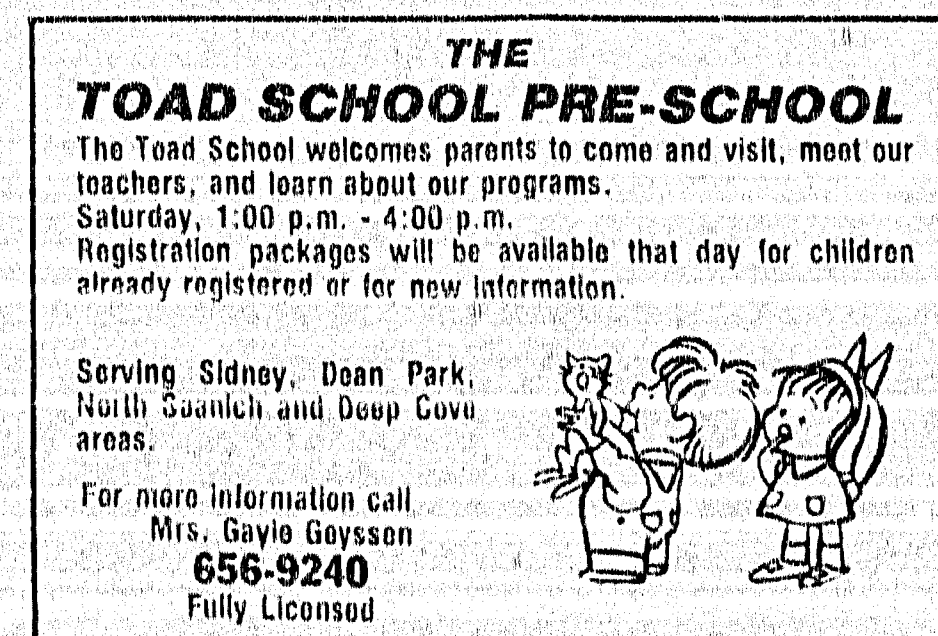
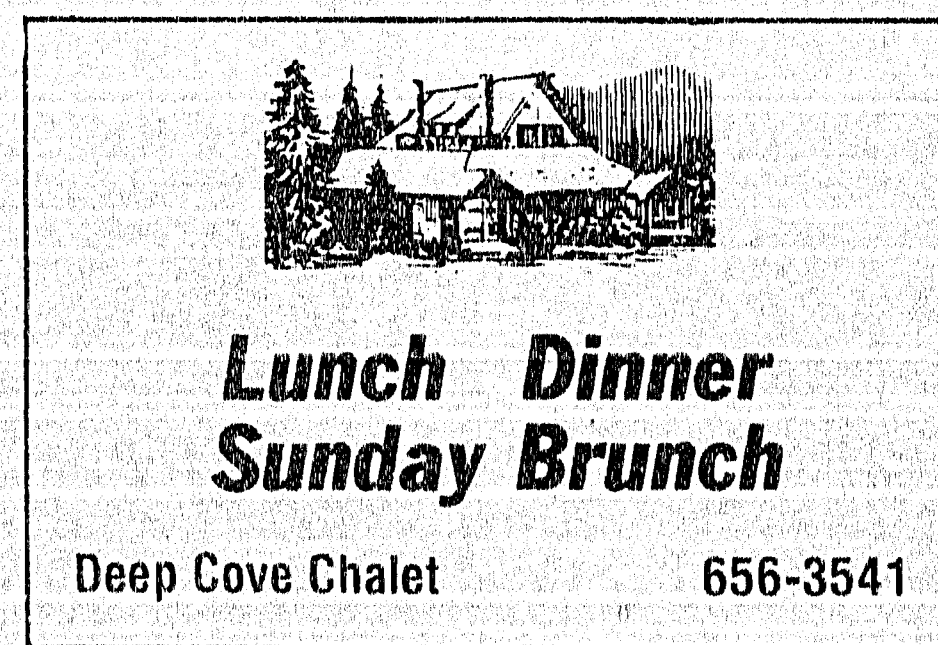
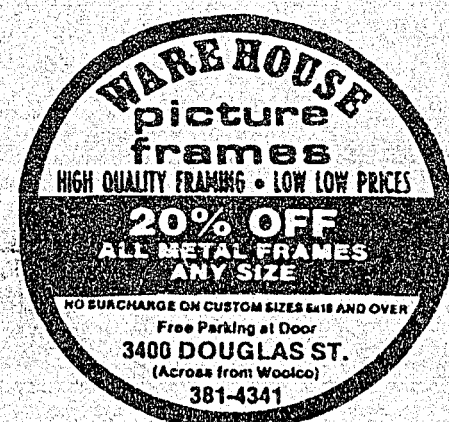
listening to guest speakers, etc.

Please call Joan at 656-5657 if you can help or call Sheila at 656-4181 if you want to join this informative, friendly group. They have space for just four more members.

Canada Works Project coordinator Leslie Emmerson would really appreciate hearing from someone who would like to brush up on their typing skills doing typing on a volunteer basis either at home or in the office at 9790-2nd St. Please call Leslie at 656-0851 if you want to be part of this interesting summer project which is up-dating resource material for the Peninsula Employment Centre and then working on a televised overview of PCA.

Need information? Do not

hesitate to call PCA at 656-0134. They have (or will find) needed information on everything from a list of rental housing to the time of day! The network between the various services is great and means that help is close at hand, so give us a call!



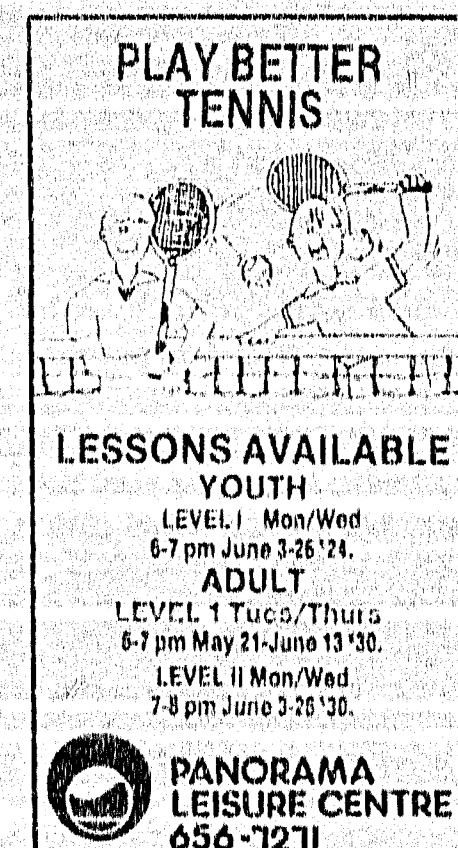
School, house damaged by vandals

A weekend rock-throwing session in the Amity Drive area resulted in \$500 total damage to windows of a residence and nearby Samsbury school.

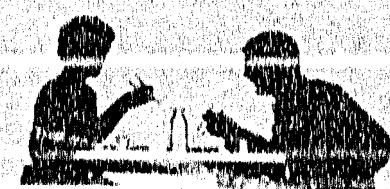
Two speakers worth \$100 were stolen May 2 from an unlocked car parked in the driveway of a 2700 block, Mount Samsbury Cross Rd. residence.

Near the end of April, the convertible top of a white car parked in the 2300 block Harbour Rd. was slashed.

Sidney RCMP are investigating these various incidents.



FINE DINING





THRIFTY FOODS

in MARINER VILLAGE MALL, 9810 SEVENTH ST., SIDNEY

PRICES EFFECTIVE TUES., MAY 7 - SAT., MAY 22

THRIFTY QUALITY MEAT BUYS

FRESH GOV'T. INSPECTED LARGE PACK ONLY

FRYING CHICKEN GRADE UTILITY 1.96 kg **89¢ lb.**

GAINER'S — READY TO SERVE

HAMS WHOLE OR SHANK PORTION 2.18 kg **99¢ lb.**

PREMIUM OR LAZY MAPLE

SLICED SIDE BACON 500g PKG **169**

GAINER'S ASSORTED

LIVER CHUBS 250g PKG **69¢**

THRIFTY'S

SMOKED JOWLS kg 2.18 **99¢ lb.**

RANCH HAND

SLICED COOKED HAM 175g **99¢**

GAINERS BULK

WIENERS REGULAR OR B.B.Q. kg 1.96 **89¢ lb.**

THRIFTY SMOKED — BY THE PIECE

SIDE BACON kg 3.28 **149**

GAINERS

SMOKED PICNIC SHOULDERS SHANK PORTION kg 1.65 **75¢ lb.**

"IN THE FISH MARKET" FIRST OF SEASON

HALIBUT STEAKS FRESH kg 5.26 **239**

"IN THE FISH MARKET" FIRST OF SEASON

HALIBUT BY THE PIECE kg 4.38 **199**

"IN THE DELI" OLD FARMS' OWN

HAM and CHEESE SALAD per 100g kg 1.49 **33¢**

"IN THE DELI" OLD FARMS' OWN

5" BEEF PIES **99¢ ea.**

"IN THE DELI" GERMAN BUTTER

CHEESE per 100g kg 3.99 **88¢**

"IN THE DELI" DANISH BLUE

CHEESE per 100g kg 3.99 **88¢**

THRIFTY GROCERY BUYS

WESTON HOMEMADE STYLE BREAD 570g LOAF **69¢**

KRAFT PEANUT BUTTER SMOOTH 1.5 KG PAIL **389**

BEE CEE HONEY CREAMED OR LIQUID 1 litre tub **229**

WESTVALE — FROZEN PEAS, CORN AND GREEN BEANS 1 kg PKG. **149**

BRUNSWICK 5 VARIETIES SARDINES 100g tin **2/89¢**

MAXWELL HOUSE — INSTANT COFFEE 227g JAR **489**

MAXWELL HOUSE — NEW FRESH PACK COFFEE 369g PKG. **279**

DUNCAN HINES — LAYER CAKE MIXES 520g PKG. **119**

VALLEY CHOICE DOG FOOD 8 KG BAG **469**

THRIFTY FOODS QUALITY PRICES and SERVICE
OUR WISH IS TO SERVE YOU BETTER
VISIT OUR NEW SIDNEY LOCATION 9810 SEVENTH ST.

ISLAND FARMS CREAM CHEESE 250g PKG. **129**

WESTVALE FROZEN VEGETABLES IN CHEESE SAUCE 250g pkg. 89¢
IN BUTTER SAUCE 250g pkg. 79¢

E.D. SMITH BLUEBERRY OR CHERRY PIE FILLING 340g TIN **169**

RED ROSE TEA BAGS (GAUZE) PKG. OF 80. **249**

MARDI GRAS SERVIETTES PKG. OF 120 **139**

MARDI GRAS PAPER TOWELS 1 roll PKG. **119**

DUNCAN HINES BROWNIE MIX PKG. EA. **129**

DUNCAN HINES SNACK CAKE MIX PKG. EA. **129**

DUNCAN HINES COOKIE MIXES PKG. EA. **129**

DUNCAN HINES MUFFIN MIXES PKG. EA. **129**

OROWHEAT VIENNA LOAF PLAIN OR SESAME 454g LOAF **89¢**

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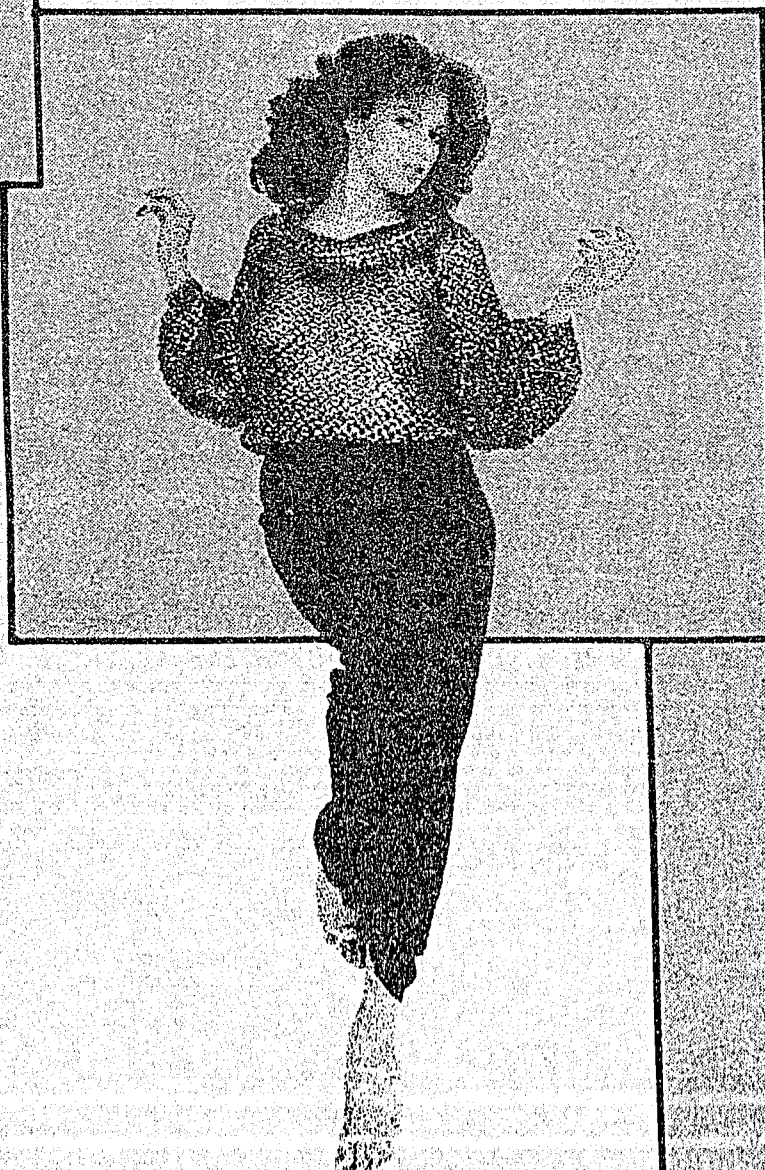
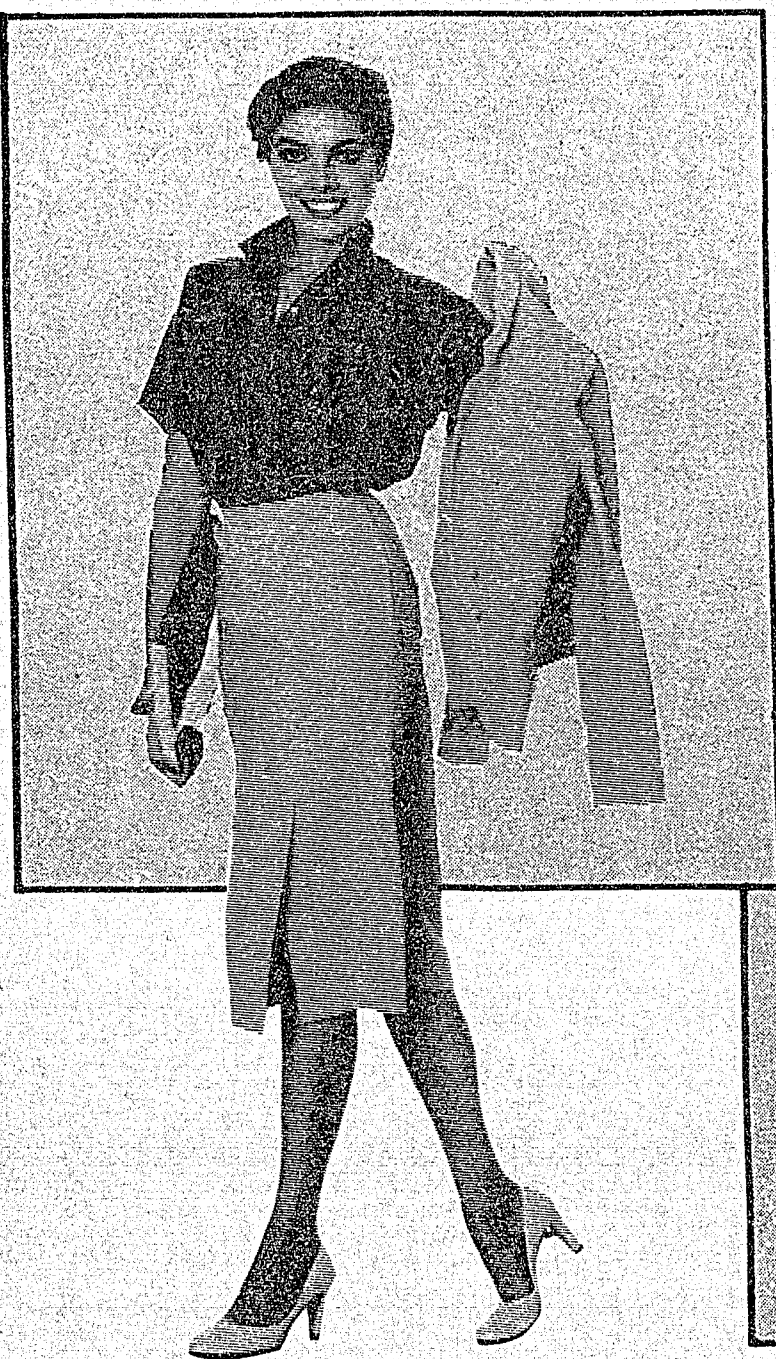
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The women are off and running!

Is it really a new day for social and economic justice in Canada?

April 17, 1985 — the proclamation of Section 15 (the equality rights section) of the Canadian Charter of Rights and Freedoms.

By all accounts we are in for some blockbuster social changes as the courts give force to our constitutional decision to rid ourselves of discrimination.

Prime Minister Mulrooney and Justice Minister Crosbie have both described this as a new beginning. Indeed, at the big party in Ottawa to mark the day the prime minister mused, "How far we have to go!"

It was an extraordinary women's lobby in 1981 that forced the inclusion in Section 15 of specific mention of sexual discrimination. And now women's groups are quickest off the mark in mounting court challenges to discrimination.

The equality rights section of the charter — what Pierre Trudeau called "the people's package" — is very powerful stuff in two respects. First, on seven grounds of discrimination (race, national or ethnic origin, color, religion, sex, age, mental or physical disability), courts are empowered to order equal treatment for all individuals or groups.

Secondly, this judicial power does not preclude "any law, program or activity that has as its object the amelioration of

conditions of disadvantaged individuals or groups."

For a five-year period legislatures have the use of the "notwithstanding" clause, if they dare use it, to override these equality rights. But issues of sexual discrimination are put beyond their reach by being further enshrined in Section 28 of the charter which is not subject to the override clause.

The most dramatic effect of having the equality rights entrenched into the con-

By Stewart Mackay

stitution is that there is now a profound shift of power from politicians to judges. This shift will have two effects which could in time transform Canadian society.

One, as the body of judicial rulings builds up it will force the growth of new social and economic conditions for disadvantaged groups. The other effect, politicians will no longer be able to stall for years or decades the righting of conditions of systematic discrimination.

It is a powerful piece of constitutional law and women's groups more than any others are off and running with it.

Under the leadership of those groups there is now being formed a new national organization called LEAF — the Legal Education and Action Fund. The specific aim is to raise up to \$1 million a year and

use the money to mount a series of carefully chosen court challenges.

It is a rather sad irony that having as a society consciously and deliberately enshrined these equality rights in our constitution, Canadians must now spend huge amounts of time, money and energy to sort it all out in the courts.

But it could not be otherwise when the potential for social change is so great. Disadvantaged groups are developing a new sense of their own power and of the rightness of their cause.

Indeed, it is a new day for social and economic justice in Canada. Not in the sense that suddenly all social wrongs will be righted but in the sense that Canadians, perhaps more than any other people on earth, are about to have their consciousness raised on how miserable life is for those who are the victims of systematic discrimination.

It is a new day in the sense that many of our comfortable old social attitudes are going to be pushed to the wall.

If you doubt it, consider the recent written opinion of Madame Justice Bertha Wilson of the Supreme Court of Canada that "security of the person" has been defined as including provision of the necessities of life and the right to a standard of living adequate for the health and the well-being of the person and his or her family.

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focus

- Medical: New hope for Carol
- Politics: Rebecca Vermeer
- Elizabeth Kerfoot's enchanted garden
- Susan's dilemma
- Women and alcoholism
- New book features Sidney woman's family
- Headland
- On dying and success
- Parole
- Gourmet desserts by local chefs
- The men say . . .
- Fashion
- Women in business

There's a difference between beauty and charm. A beautiful woman is one I notice. A charming woman is one who notices me.
John Erskine

Male domination has had some very unfortunate effects. It has made the most intimate of human relations, that of marriage, one of master and slave, instead of one between equal partners.
Bertrand Russell

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New hope for Carol Cree

By GRANIA LITWIN

Carol Cree can feel her toes for the first time in 22 years.

The numbness in her lower limbs is disappearing and she is convinced she will walk again.

Confined to a wheelchair for the last four years, she suffers from one of the most debilitating diseases of our time — multiple sclerosis.

But a revolutionary treatment, now available in Vancouver is giving her new hope.

"I've always had hope. But this time I have reason for it. I feel really positive, as though I have been handed back my life."

Carol was diagnosed in Edmonton University Hospital in 1963 as having MS.

Since then she has tried special diets, megavitamins, vitamin B13, physiotherapy, hatha yoga . . . even snake venom.

"You name it, I tried it. Some of them helped and others didn't."

But Carol and her husband Ken, owners of Peninsula Printers on Beacon Ave. never gave up hope, despite the fact her health has been on a steady, if sometimes halting, decline.

But last December Carol's condition went into remission and she is so excited about it she wants to tell the world.

"It wasn't a natural remission. I know what they are like."

Instead, she noticed steady improvement and with it came a tremendous uplifting of the spirits.

The radical change came after Carol travelled to Vancouver to undertake 20 sessions of hyperbaric oxygen treatment.

The treatment, at Burrard Hyperbaric, the only facility of its kind in Western Canada, is becoming increasingly available in the U.S. and Europe.

While the treatment remains experimental and is therefore not paid for by the Medical Services Plan of B.C., many MS patients insist it has improved their health.

Hyperbaric oxygen treatments involve breathing pure oxygen under greater than normal atmospheric pressure. Patients sit within a chamber similar to a decompression chamber used by scuba divers.



Breakthrough in treatment for multiple sclerosis gives Sidney's Carol Cree new lease on life.

Murray Sharrat Photo

Carol explains the principle is that oxygen is forced into neurological tissue and somehow enables the brain to send messages again through nerve endings.

Although she calls her improvement nothing less than miraculous, she is quick to say the treatment is no panacea.

"I don't want to lead people to think this is a cure. There are so many vulnerable people out there with multiple sclerosis.

"It can make you feel so hopeless. I know. I've been there . . . I'm still there.

"But I've had fantastic improvement."

She says the effects vary from person to person, but treatments can diminish the symptoms' severity and may even alter the course of the disease.

Well, it's hard for a mere man to believe that woman doesn't have equal rights.

Dwight D. Eisenhower

"I was on a steady downhill path since 1964. I noticed the first sign of improvement after the third or fourth oxygen treatment."

Bladder function, a common ailment with MS sufferers, improved almost immediately.

Next came increased energy: "I began to feel less less fatigued."

"My strength and endurance increased daily. I can now put in a full day's work typesetting, doing layouts and bookkeeping. I can do just as well as anyone now."

Periodic bouts of blurred vision and temporary spells of blindness that used to last as long as 15 minutes, were the next symptoms to disappear.

Simple things, like the twitching tickle response when a fingernail is run across the bottom of a foot, feelings which most of us take for granted, Carol now greets with wonder for the first time in more than two decades.

"I've been non-ambulatory for four years and I can stand up now without my knees giving way beneath me. I can even bend and straighten my knees.

"I know I am going to be able to walk again. It's just a question of time and patience.

"Nobody is saying this is a cure for MS but it is a wonderfully sheltered cove in a storm. All I was asking for was a fighting chance and this treatment and my wonderful doctor have given it to me."

She explains her doctor placed her on a strict diet which works in tandem with the treatments.

No sugar, red meat, refined foods or dairy products, pass her lips. But lots of fish, vitamins and mineral (beneficial to neurological disorders.) do.

"I have a wonderful doctor. He is open-minded and this is the highest form of intelligence.

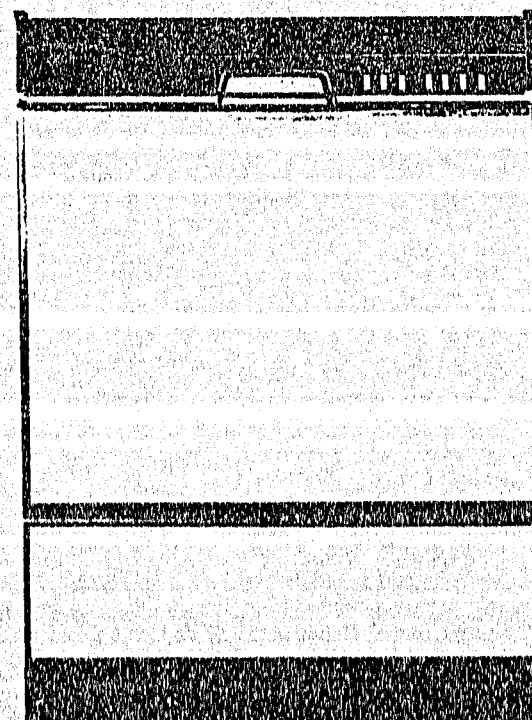
"He is a true healer in every sense of the word."

Carol explains the treatments seem terribly expensive — \$1,700 for 20 — follow up treatments are \$85 — but the nearest alternate facility is in now Seattle and much more costly because of the high American dollar.

"I'm sure one day it will be covered by B.C. Medical but it could take a long time. I don't have a long time to wait."

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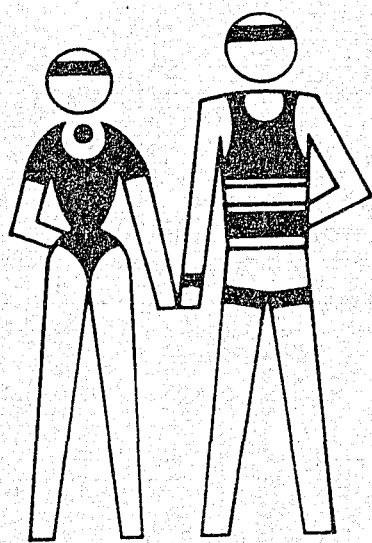
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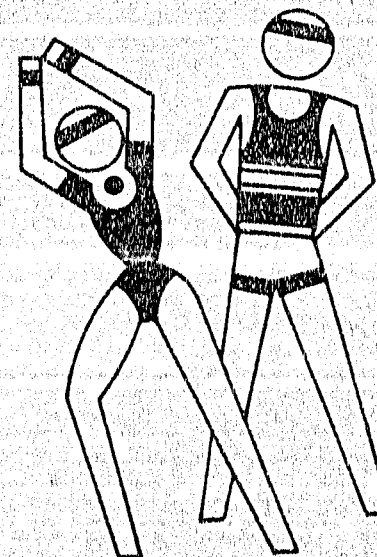
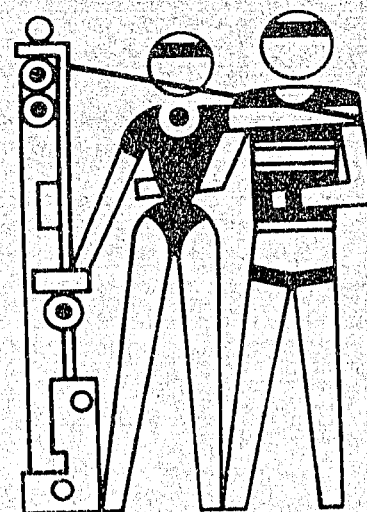
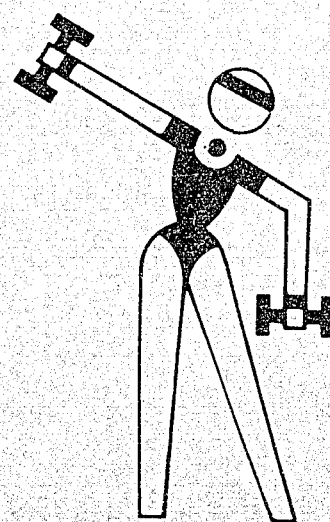
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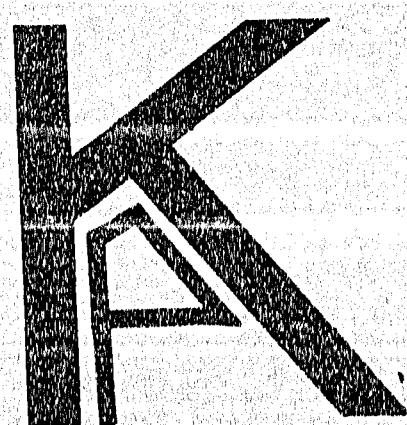
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By PEGGIE ROWAND

She came when I was on my bed of pain. With her tiny hands she kneaded and massaged my back which hurt so much I had wept. The doctor had told me to "rest in bed for a few days" after an accident.

When she heard what had happened she jumped into her car immediately and drove to my house. I was almost a stranger to her.

Briskly, but gently, she set to and worked hard for one hour.

Then she said, "Get up and walk."

It was almost biblical.

But I stood up and walked — and kept walking. I was cured.

There are many facets to Rebecca Vermeer. Most people know her as the voluble and sometimes volatile alderman on North Saanich council. But that public glimpse of the bright 38-year-old woman gives no real clue to the "real" Rebecca who has received not one "call" but two.

One was to God — and Rebecca embraces this as wholeheartedly as she does the other, which is politics. And if they seem unlikely bed partners you would be wrong because it is Rebecca's religion which induces the love and compassion she has for people which drives her along the road to political power.

Only in that way, she says, can she help people. Only by becoming part of the political process can she help change circumstances for the better.

She's one of the few people who can talk frankly about religion and God without sounding false, awkward, extravagant, unbelievable. She speaks with fervor but never makes one feel uncomfortable. The voice is soft and gentle, the black eyes shine. She is genuinely committed.

But when the subject is politics there's a slight shift and the fighter emerges, the righter of wrongs. She sees her future now as devoted to politics and she's ready to scale the heights, to reach for the top — the sky's the limit.

Sitting on council provides her with no monetary benefit, the work is time-consuming, demanding and takes her away from her family — Kees, her husband, and Lotus, her 16-year-old daughter.

But one cannot effect changes without being in a position of power, she reiterates. "I know, sitting on council, that I have the capacity to do a lot of good — and the capacity to do harm."

Religion impels her in the direction of service to others and her course of action always, her motivation, is to do whatever benefits the majority in any given community or society — not to benefit the "noisy few, the powerful few, the high pressure few members of the community."

Her background, she believes, fits her for politics. Born in the Philippines, Rebecca waltzed her way through school and university, gathering scholarships and flattering commendations along the way, succeeding in everything she tackled.

She ate up chemistry and math and got her masters in physical chemistry. Later she took her masters in economics and knew she had found the right field for her talents at that time.

And she achieved high level positions in the provincial government, working as a policy analyst for the ministry of finance, as policy economist for the ministry of energy, mines and petroleum, was deeply involved in the pipeline project for B.C..

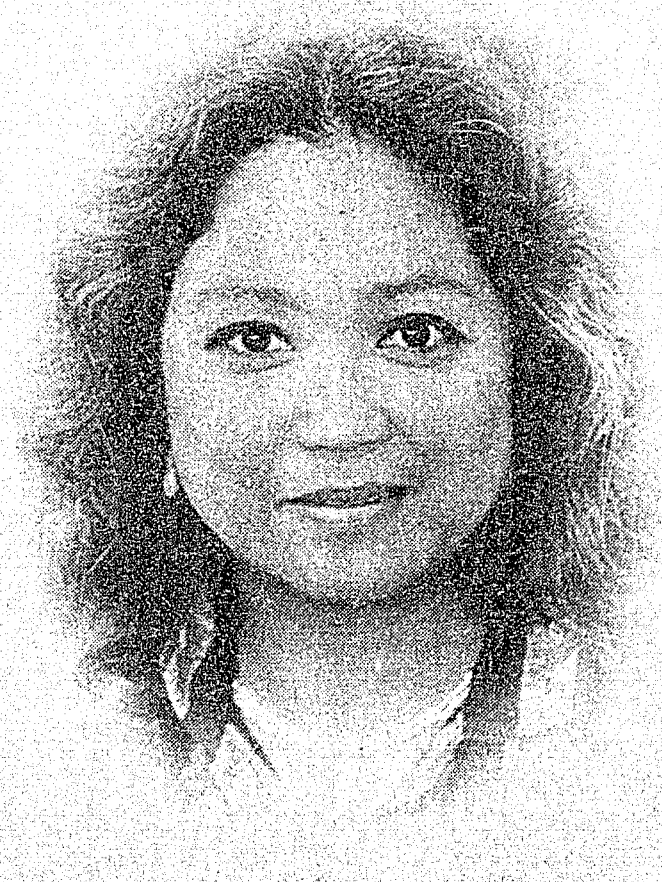
It was challenging and rewarding work, she says, especially when she reached the point where she was briefing deputy ministers and the cabinet committee on economic development.

But there came the day when she had had her fill of being at the top and was looking for different challenges, a new commitment.

She grew up in an atmosphere of politics with an uncle at the national political level and another at the local level, so "living and breathing politics" in her daily life it was natural for her to finally veer in that direction.

Some two years or more spent studying psychology at the University of Alberta had been useful, she says, enabling her to look at events and situations in an objective and analytical way, contributing, as with her

Portrait of a politician



Rebecca Vermeer

But if God had wanted us to think with our wombs, why did He give us brains?

Clare Boothe Luce

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background in chemistry and economics, to a political career.

Rebecca topped the polls in North Saanich's 1983 aldermanic election. She's been tipped as the next mayor and if she makes it there are other, greener fields out there where she can pursue her goal.

And there's yet another side to Rebecca.

The argumentative young woman of 17 who used to argue with Jesuit priests on theology and the practices of Catholic religion, has a vision.

Everywhere there are people who are hurting, depressed, who need help, she explains. She would like to buy a larger house where she can accommodate groups of people in sessions where the "physical, mental and spiritual" aspects work together to promote healing and growth.

Already she has begun the process with a 14-hour seminar at her home led by a guest speaker. She plans another in June.

And there's yet another vision — a group housing plan for senior citizens which has been already turned down by lands, parks and housing but still has a chance of succeeding, she believes. She has now appealed for help to MLA Hugh Curtis and the plan is supported by Sidney, North Saanich and Oak Bay mayors, the Victoria Institute of Gerontology, many churches and the Bishop of B.C., the Right Reverend Ronald Shepherd.

Since Rebecca seldom takes "no" for an answer, the group home may yet come to pass despite the official negative reaction.

Persistent, strong, with a razor-sharp mind and a lively intelligence, the single-minded Rebecca is bound to make enemies. But that won't keep her awake at night.

Her religion teaches her to love everyone — and that includes the people who might work against her and her ideals and goals.

Loving everyone makes life so much easier, so much happier, gets rid of all the problems, she says.

And if you expect this gentle yet feisty female to be an ardent feminist — you'd be wrong.

I'm a humanist, she says. To Rebecca, equality is simply a humanist issue.

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Fairytale garden boasts royal stock

There is an enchanting garden on the Saanich Peninsula.

A place where ancient roses nestle beside hedges of fragrant rosemary.

Where the air is heavy with the scent of musk, sweet myrrh and a bouquet of perfumes so varied it is almost overwhelming.

Here one can find a bloom descended from stock that once grew in the garden of King Henry the VIII of England. The Tudor monarch breakfasted on jellies extracted from its delicious petals.

Growing nearby is a venerable plant named Chapeau de Napoleon, because its calyx, that whorl of leaves forming the bud's outer case, grows in the shape of his famous hat and is covered with a downy fuzz.

And round a turn in the flat-stone path is a stately rose called Le Commandant, which traces its unblemished lineage from the famous Bourbon dynasties. Its blooms are splashed with shades of red and smell of crushed raspberries.

Entering the garden of Elizabeth Kerfoot, on Tatlow Rd. is like stepping into a child's fairy tale or the secret garden of Frances Hodgson Burnett's classic story.

It is a garden full of delight and surprises, of herbs, berries, rare fruit trees and roses, roses, roses.

"I've been collecting roses for over 20 years, although we've only had this garden for five years.

"I don't grow modern roses. They've been bred for size and to have a high point in the middle.

"I much prefer the ancient roses and especially the French ones. They were more beautiful in the 1800s and their perfumes were better.

"There are so many different ones to choose from. I have roses that have the scent of tea, others that smell like sweet peas and lily-of-the-valley.

Kerfoot has more than 60 varieties of roses, all pre-1900. She imports them from England and California and they come from around the globe. The oldest is called Em-



Elizabeth Kerfoot has been collecting roses for 20 years and prefers the 'ancient' ones.

Murray Sharrat Photo

press Josephine and was propagated from budwood dating back to 1558. It boasts a rich purplish bloom flushed with lilac, its petals are loose and wavy.

The blooms in Kerfoot's garden are less gaudy than today's more popular varieties. They are rounder and more dense and the roses hang on the bushes like miniature ballerinas whose colored tutus boast every shade of the rainbow. They are small and dainty, but Kerfoot says, don't be deceived by their gentle looks.

"They're much hardier than modern roses. They've stood the test of time. I cultivate ancient roses because the newer ones are so large and artificial," says Kerfoot, an accomplished artist who draws much inspiration from her garden.

"Modern growers don't pay attention to hardiness to their larger size is considered a virtue."

She explains roses have

been out of vogue for many years but are "exceedingly fashionable" in Europe now. Many of her varieties were propagated from plants found growing around centuries-old cottages in England where they had been forgotten for ages, and only recently rediscovered.

She keeps her bushes in pristine condition by spreading heavy mulch around their roots. This stops rain from splattering dangerous spores up onto the stems.

"If one of my rose bushes develops a disease I just dig it up and throw it away — but that's quite unusual."

Her other self-imposed rule is never to plant orange or yellow roses in her garden.

She says today's yellow-tinted roses originated when a Chinese rose was hybridized with an Austrian copper-colored species. The color is popular in modern roses but prone to black spot.

"Anyone who plants

yellow roses might just as well buy stock in Ortho Herbicide as well. They'll be doomed to spray."

Kerfoot is an organic gardener. She and her husband Patrick, who is a biologist, cultivate several acres of blueberries that have been producing for 35 years on land descended from her family.

Her grandfather and greatuncle came to the Saanich Peninsula from the prairies in the early 1920s. The two brothers bought 200 acres here and Kerfoot, her husband, and daughter Stephanie, live on eight acres of that original spread.

At the lower side of the property are two immense peat bogs which provide good, swampy soil for the blueberries.

Rising from the ponds, the garden is organized on several levels. On one boundary roses tower more than 30 feet high. This powerfully fragrant hedge smells of green apples and produces tremendous heads of flowers

numbering as many as 100. Their likenesses have been found on the walls of

On another border, Egyptian tombs, the climbing roses twine with honeysuckle into half-moon bowers and there is a herbarium with everything from a bay tree (its leaves are good in soups) imported from

California, to sweet woodruff, witch hazel, valerian and lung wart, an ancient remedy for consumption.

Some of the roses, too, are reputed to have medicinal powers, such as the apothecary roses which were believed to smooth the mind. And the fruit of the roses, the hips, are full of vitamin C and delicious, says Kerfoot.

She grows a rose that smells of incense and was imported from Tibet, a rambling vine from the Himalayas and a variety called Rosa Pomifera Duplex. Also known as Wolley-Dod's, it was named after a rose-lover who was a distant relation of her husband.

Between the roses grow sweet peas, snapdragons, prairie flowers and strawberries — the latter need no netting as the rose bush thorns deter any birds.

Roses are the oldest cultivated flower known to mankind, says Kerfoot.

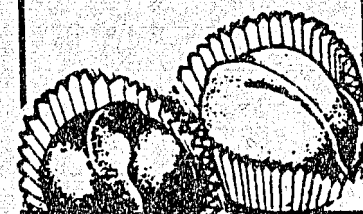
For Kerfoot their cultivation is a ravishingly beautiful hobby.

"I am living exactly where I want, and growing roses is exactly what I love to do."

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'Creative neglect' comes a cropper

By SUSAN LANGLOIS

I struck my child today. Me, the one who read *Parent Effectiveness Training* by Gordon, *Children the Challenge* by Dreikurs and *The Prophet* by Gibran. I took all the applicable courses. I understnad and espouse developmental theory. I have helped obstreperous children to become semi-responsible adults. I have spent many hours helping parents to realize they couldn't and shouldn't control their pubescent offspring. Rebellion leads to autonomy, said I.

With all this education and experience, plus my somewhat lethargic nature, I had formulated a philosophy of child rearing called "creative neglect." In this philosophy, children take responsibility (once toilet training, etc. has taken place) for their own behaviour and take the natural consequences for either good or bad decisions.

As a parent, I attempt to model appropriately — hardly ever having temper tantrums, providing physcial necessities — leafy green vegetables, clean sheets when required, and nurturing — I love you even if you are impossible sometimes.

I disagree with parents who take responsibility for offspring's school grades, choice of friends, leisure time activities and coordinating wardrobe.

But when my child was insistent on wearing disreputable jeans and failed to acknowledge my superior wisdom, I belted him. Me, who handled with cool aplomb the Mohawk hair cut, the "D" in English, the hero worship of Jim Morrison and The Sex Pistols.

Me, who rejected the opinion of the teacher who stated that I allowed my son to make a fool of me in the community by his goofing around in class. (I assured him I was quite capable of making a fool of myself in public and that my son was making fool of himself, not me.)



Susan Langlois

Why could I "allow" my child to make a fool of me in the community last year, but not today?

I hit him because I wanted control. I didn't want the school to think I was a bad mother because my son wore holey jeans.

Why? I have a degree in psychology. I studied *Family Systems Theory*. Was it because I had recently included a significant other in our "family constellation"? Or, is it because I am suffering from P.M.S. today?

Maybe I have failed to properly nurture his relationship with his father so guilt is making me crazy. Maybe my mother has returned to haunt me. She had certainly told me frequently that a lady never raises her voice — and raising one's voice at her grandson, who she knew to be the second coming, was inexcusable.

I had ignored this edict so could only expect to turn into an out-of-control shrew who hits children.

Does this mean I have always been a controlling parent? Do I have an underlying need to control while espousing belief in self-determination and today it escaped?

When my son is 50 and chairman of the board of the Royal Bank, will I say, "Are you planning to wear those brown shoes with that tie?", or will I yell and hit him if I can't control him? Is a belief in self-determination and autonomy contradictory to motherhood?

Looking desperately for answers, eaten by guilt, I arrive at my mentor's. I announce to her that I have become a child abuser after 14 years of responsible parenting.

No, she says, children don't drive you to vidence until they turn 14. She also poked a serious hole in my guilt trip by suggesting that I should feel courageous rather than guilty because my child is six feet tall and could have chosen to retaliate.


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Female drunk still scorned

By PAT MURPHY

Actress Jan Clayton, herself a recovered alcoholic, put it well: "A drunk women? A female lush? Intolerable. Let's be terribly quiet about it. And, though the problem will not go away, perhaps she — wife, mother, sweetheart or even daughter — will go somewhere where there is no more embarrassment by this unattractive creature who is a dreadful reflection on all of us."

That wasn't said yesterday and Canadian attitudes about a lot of things, including gender, work and equality, have changed in the past 20 years, but the female drunk is still an object of pity and scorn.

The male drunk can get away with it — he's seen as a comic or a regular guy who just drinks a little too much. But not the woman. She's still a slob or, perhaps, a slut.

This unfair stigma, heavier by far than that which shadows the male alcoholic, is the major reason why fewer women receive treatment. One of the new perceptions is that when all the female drinkers come "out of the closet," the ratio of male to female alcoholics will be about 50-50.

And as women reject the double standard which has prevailed in Canada for so long and emerge as people with equal rights, it becomes apparent that they, like men, have turned to alcohol for the same reason — to cope with life.

But, because of the much heavier stigma their recovery problems from addiction are massive and, in most instances, require special treatment.

But the facilities are not there. There are hundreds of treatment centres for men in Canada but only a handful, not more than a dozen or so, for women. And, the same neglect is found in research. Publications on alcoholism pour from foundations and research groups in Canada but few are devoted solely to the problem of the woman alcoholic and her recovery.

Talks with people in the alcoholism field lead to the belief that women are often sicker and more deviant than men — more deviant because they are violating a social taboo stronger than that imposed on men.

Why do women drink and what happens when they do?

Well, women who have asked for help in

Alcoholics Anonymous, Women for Sobriety and treatment centres, say they drink for many of the same reasons as men. Emotional crises stand high on the list and feelings of inadequacy — feelings which are often exacerbated when they are trying to do two jobs, one outside and another inside the home.

Even in this liberated age women, it seems, are more dependent on the institution of marriage than men and far more vulnerable when divorce strikes. Many women use alcohol as an anodyne to kill the pain, feelings of shame, guilt and worthlessness.

This, probably, is why two-thirds of alcoholic women are divorced or separated — a rate not matched in the male population.

But it is also true that nine out of 10 husbands leave when their wives become alcoholic. In contrast nine out of 10 wives of male alcoholics stay with them.

Alcoholism statistics are not easy to find and their reliability is often open to question but it is believed that there are at least 500,000 female alcoholics in Canada at this time and that number is matched or exceeded by the number of male addicts to alcohol.

In Victoria both treatment centres, Dallas Road and Victoria Life Enrichment Society, admit women and in Alcoholics Anonymous they are welcomed.

Being mom still top job

The most important job in the world is being a mother, says lay-counsellor Dee Bailin.

But some women get muddled being home with small children all day, and up with sick babies all night.

"Sometimes they lose their ability to think like an adult. With no time to expand their horizons or even read the newspaper, they can begin to lack feelings of worthiness."

Bailin, a volunteer counsellor at the Peninsula Community Association who specializes in marriage counselling, says women at home with small children need to do something for themselves.

If they don't they can begin to feel rejected by husbands who are pursuing interesting careers.

"We are seeing far more marriage problems these days. Over the past two or three years the poor economy has put a lot of pressure on marriage. Our workload is much heavier."

"We also deal with the empty nest syndrome... with women whose children have grown up and left home, leaving mothers feeling lonely and without a purpose."

During the course of a

month Bailin donates about 35 volunteer hours. She might counsel three or four couples a week.



Dee Bailin
... counsellor

One of the major threats facing marriages today, says Bailin, is the poor job market.

"If the husband is suddenly out of work and home a great deal he can become bored, angry and resentful. These feelings can build into tremendous frustrations that can hurt a marriage if they aren't dealt with."

"Some couples sweep these little aggravations and concerns under the carpet instead of dealing with them as they arise."

"Our technique is to motivate people to learn to respect and trust one

another. To help couples learn that no matter what the problem is, amicable communication can handle it."

The volunteer counsellors at PCA see about 300 people a year and the recent increase in marriage troubles is a grave concern, says Bailin.

"I've noticed people who have difficult mar-

riages are often those who don't seem to be committed to any volunteer work. They are mostly young people who don't know about being of service to others."

"People who go through our groups are more likely to volunteer to help other people. And volunteerism means a return to the workforce."

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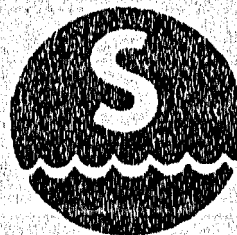
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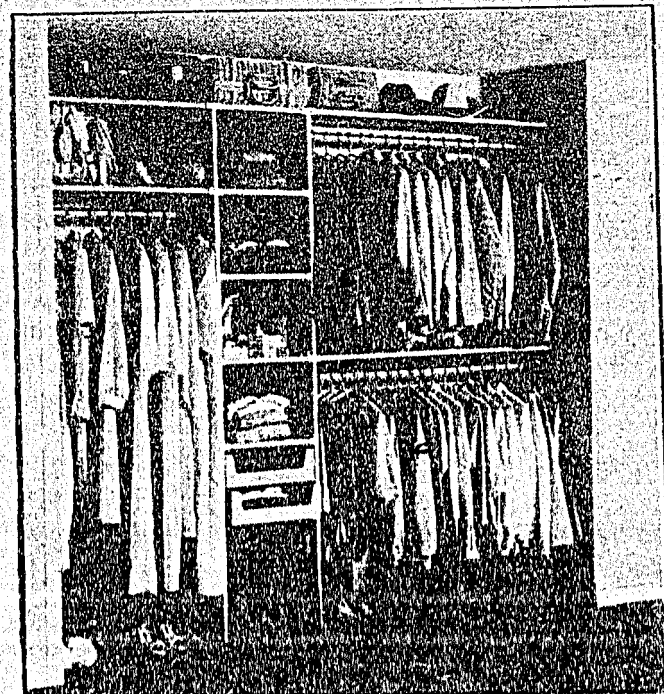
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Pat's Views

By Pat Murphy



I know I'm speaking for most men when I say to you women that it's time you took us a lot more seriously than you do.

I suppose you think we don't see the way you look at each other with little smiles and roll your eyes to heaven when you hear us talking man-talk. When we're talking about serious things like golf and money and that girl at the office who rolls her backside at us. We know what she's up to — you bet we do.

Nobody wants to talk about feelings and love and relationships and hurt and kids and all that sort of sissy stuff. That sort of talk is not for men. That's for you women.

If you would just stay home and cook the meals and make the beds and look after the kids instead of gallivanting about the way you do, we'd all be better off.

As Joe Smith, an old fellow I knew when I was a kid, used to say: "Keep them barefoot pregnant, and in the kitchen." Good, eh!

Or: "Put another log on the fire Emmy, bring me a beer and tell me why you're leaving me." HO! HO! Isn't that great!

It's this feminist stuff that's going around. It's going to be the ruination of this country if we don't stop it. Women are getting so above themselves that all the old values are in danger.

Nobody is saying that women aren't important. Of course, they are. They're wives and mothers and nobody is going to say that they aren't a big help in keeping the family together.

But men have always been superior — superior? No I won't use that word. Let's say that men have always been the leaders and that's the way it should be. Doesn't it say that somewhere in the Bible? I'm sure it does.

But these days they keep talking about wanting to be full partners in a marriage — about wanting to be consulted before any big decision are made — important decisions like work and house and investments and all that.

Mind you I'm not going to say that I don't have my doubts. I do. My wife is no dumbell. She has had to make some decisions in times when I've been away and I have to admit they have been damned good decisions.

I wouldn't tell her that, of course.

She says we should talk about lots of things — even our feelings for each other. I'm not sure what she means by that. I think a lot of her — of course I do. After all, I'm married to her. I wouldn't have married her if I didn't love her — would I? I don't know why she wants to open up that subject again.

I've got a feeling things are never going to get back to where they were. And . . . it's just possible I may have to change.

Go to go now. Said I'd call the wife.

Hugh's Views

By Hugh Nash



Write something for our special women's section please, she said. Anyone with a wife, mother and three daughters should have a wealth of information at his fingertips, she prodded.

Well . . . that's certainly true. But try as I might I couldn't quite get a handle on a topic which would be any interest whatsoever and still be sufficiently benign to allow me to retain the lovable relationship I now enjoy with my ladies — a relationship required to ensure me of both civil conversation and a full belly.

I posed the problem to my tribe and one suggested fashion.

Of course, an ideal subject. One of interest to all ladies and at the same time totally unrelated to anyone at my home.

In order to get a perspective on the local fashion scene, I sauntered off to one of the more popular local cafes, purchased a mug of my favourite drug, chose a window table and began fashion research work.

For the occasion I wore a deep, but not too deep navy blue, gore tex, all-weather coat by Far West. The mid-thigh length coat is cut loosely throughout to give maximum flexibility for both city wear and occasional trips through the bush.

Under the jacket I wore a short-sleeved, but full waisted, Hathaway dress shirt, with wide, barely discernable vertical stripes. The shirt was open at the neck for both comfort and to exude the aura of casualness.

In addition to the white buttons down the front, a decorative one adorned each sleeve.

In keeping with the overall color scheme, my socks, both of them, were also brown. They were quite short, reaching just above the ankle bone. The result, when I sat down or assumed any position but upright, was that a bit of bare leg showed between the top of the socks and the trouser bottoms.

The socks had been longer but repeated doses of overly warm water had moved them down to midget size. I expect they'll soon be turned over to one of my ladies, or the cat, who ever gets there first.

The shoes, casually scuffed and showing a bit of dried mud from a recent excursion into the peninsula wilds, sported brown laces. Three of the four metal tips had gone missing in action but the fourth, obviously made from sterner stuff, remained.

It was coldish day and the few ladies who braved the elements to show off their finery were decked out in full length coats so that only their heads and ankles were visible at either end.

I'm sure that underneath these rather non-descript outer garments hung the latest fashions from Paris, London, Rome and wherever else that sort of stuff originates.

Unfortunately I didn't see a stitch.

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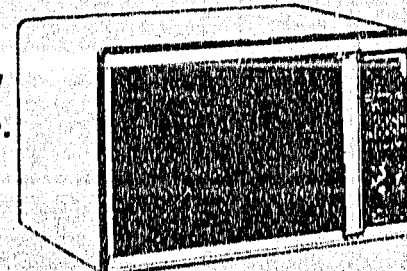
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Going back over trail of pioneers Sam, Jane

By Peggie Rowand

Interviewing Lynne Hancock is like running to catch up with an express train travelling at 100 m.p.h. It's hard going.

Dazzling, noisily exuberant, eyes and mouth flashing in wide grins or hearty chuckles, feet, arms and body dancing about as she graphically describes an incident + Hancock seems to live on a permanent high.

Words pour out of her in a fast, never-ending stream, so pity the poor writer who has to somehow make sense



Lynne Hancock sports 100-year-old glasses belonging to pioneer Jane

of the mass of information the 47-year-old Australian writer is throwing her way.

Her first book published in 1970 was *There's a Seal in My Sleeping Bag*. An instant success, it was followed up by seven others.

But the eighth is different. Hancock had always written about her own adventures and experiences but in this instance she was telling the true story of other people's lives and experiences + and she knew that was going to be hard.

In order to do it she had to go back over the past and try to "live" the lives of pioneers Sam and Jane Livingston. It took her four years of research and a lot of travelling and more adventure before she finished writing *Tell Me, Grandmother*, the story of the flamboyant Sam Livingston, Calgary's first settler and farmer who is remembered in the Sam Livingston elementary school, federal building and fish hatchery. His "big House" and gravestone are in Heritage Park and his embroidered buckskin jacket in Fort Calgary.

Tales of his exploits as gold prospector, buffalo hunter, fur trader and farmer have made him a legend. The town of Livingston in Wisconsin is named after his cousin and Livingston family members across North America are linked by regular meetings and newsletters.

But until the publication of *Tell Me, Grandmother* + the paperback written by Hancock with Marion Dowler (Livingston's granddaughter) — little had been known about Sam's wife, Jane Howse, and her family.

Jane was Metis, born at the Red River settlement (now Winnipeg) in 1848 and the granddaughter of the explorer Joseph Howse, who set up the first Hudson Bay Company post west of the Rocky Mountains. The Howse name is remembered in a mountain, a river, a pass and a plaque near Rocky Mountain House.

Jane was an extraordinary woman who hunted buffalo and travelled across the prairie by the Carlton Trail in a cart to become one of the first settlers at Fort Victoria near present day Edmonton.

There she met and married Sam, who had come to America seeking freedom and adventure.

And it's really a love story, says Hancock, who is unashamedly sentimental about the couple who had 14 children and lived fascinating lives.

But it was Jane who captured her attention, the fearless and lovable pioneer who brought up her children in a one-room shack.

The story of the couple is told through the eyes and memories of the family and Hancock and Dowler relied for much of their research on genealogies done by one of Sam's grandchildren, Walter Miles of Spokane. The information is brought to life in the Indian and Metis tradition by being presented as a conversation between Jane and her favorite grandchild, Dennis Dowler (Marion Dowler's husband) who was born in Calgary in 1908.

Marion Hansen, 2180 Bakerview, is Sidney's link with Sam and Jane. As the granddaughter of the couple, Hansen's last memory of Jane was when she was four years old.

Jane had been living in Edmonton with her youngest son, Bob, became very ill and Bob asked Hansen's mother to come and fetch her.

So she set off with her four children, Marion, Mabel, and the twins, Nora and Dora. They brought Jane back to Calgary by train and she died in their home on N.W. Boulevard.

But one special thing I remember," Hansen says. "Grandmother Jane was ready to pass away and I was given the job of sitting with her by the bed and was instructed to tell mother if she moved.

"I didn't see her move — and I felt guilty about that. Mother came in and asked me, 'Has she moved?' and I didn't say yes or no. She was dying."

Although Hansen is not mentioned in the book she is pleased with it. "I went through it and read parts. Now I'm reading all of it," she says.

Hancock agonized over the history. "I'm an Australian, I didn't know Canadian history and I found such ambiguities, such omissions in the books. So I

A woman is but an animal, and an animal not of the highest order.

Edmund Burke (1729-1797)

I asked a Burmese why women, after centuries of following their men, now walk ahead. He said there were many unexploded land mines since the war.

Robert Mueller



Marion Dowler Hansen, right, granddaughter of Jane, with her mother, Mary Livingstone Dowler.

went to the Metis and primary resources."

She stayed with a Metis family, living on buffalo and bannock and sleeping in an icy lean-to by a frozen river. But it was all part of re-living the life of Sam and Jane.

The bubbling extrovert writer calls herself a "bumbling beginner". Success has not given her confidence. Each time she embarks on a new book she has to go back over an earlier one just to convince herself she can write.

But she sees a story in "everything as long as you've got your eyes open, your antenna out and you're expectant. And you have to be interested, care, want to communicate.

But — and here's where the writer gets serious — the hardest thing to do is to sit down and get that first paragraph on the typewriter, she says.

A last note on writer Hancock. Just to prove how much she believes in the hands-on experimental approach to writing she recently turned down trips to popular vacation spots in Hawaii, Mexico and Spain to sleep in a tent on spruce boughs and ice at 29 below, to cook buffalo, moose and caribou and bannock.

That's how she likes it.

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Make yourself a mental space to recall something that you have done in your recent personal herstory — an actual event in which, by your own judgment, you had a significant part to play. Make your image as visually vivid as possible, and then add all the sounds, smells and sensations.

When you're ready, step into that image, be there will all your senses and smarts, soak it up until you feel full.

Now step outside of that image and evaluate yourself by whatever criteria you usually apply. How do you rate yourself? Specifically what are your criteria? What does your inner voice say to you as you review and appraise yourself? How are you feeling now?

Let's eavesdrop on the internal commentary of an overrater:

•Basically, I'm a superior person. No-one else could have done so well.

•I sure showed those fools

•It's so comforting to know I'm right

•Thank heavens, my judgment's sound.

•What would they have done without me?

This person paves the day with a thick combination of conceit and aggressive competitiveness. They plump themselves up like helium balloons while sinking everyone else in a sea of contempt.

Not so the deprecator whose inner dialogue goes like this:

•I only did what was expected of me. It was really nothing.

•Anyone else could have done as well.

•Any fool could have done better

•I made so many mistakes

•They'll never ask me again

•How could I be so stupid

•I'm so embarrassed
This is a person who de-

means self, whose competitiveness is passive, who lays self low and raises everyone else to helium heights.

As a group, women are notorious for self-depreciation. This is not some peculiar quirk in the female psyche, but the direct result of learning the inescapable lessons inherent in our culture. Baldly stated, most of us have been taught, (in fact, we teach each other), to be modest, cooperative, placating, dependent, self-sacrificing, and silent.

The difficulty that we as a group and as individuals have in appreciating our competence, acuity, creativity, resourcefulness and courage is learned. It is, therefore, reversible!

When we attempt to evaluate ourselves, we become the subject of our own conscious and unconscious processes. Our Self is the totally unique individual configurations of our physical, emotional, mental and spiritual aspects that are separate and distinct from anyone else.

When we depreciate our Self, we depress, cheapen, detract from, belittle, derogate from, disparage, scorn, ridicule, discredit, disrespect, condemn, and descend from that Self.

By the time we become adults, it essentially doesn't matter much how and from whom we learned to treat our Selves this way. Each of us has taken on the job of helping to inflict our own pain and minimize or annihilate our own powerful resources. Each of us is, therefore, accountable for every blow we strike against our Selves, and responsible for daring to correct that abuse.

The whole concept of Self-appreciation is inextricably confounded by the related concepts of vanity, narcissism, conceit, pride and egotism. These are listed side by side in the dictionaries

with terms such as self-esteem, approval, love, respect and admiration. How to differentiate, especially when as women we are discouraged from learning the distinctions?

Judge for yourself whether you can dare to appreciate your Self in these ways:

Approve, value, esteem, prize, acknowledge, realize, thank, think highly of, be fully and sensitively aware of, accept, endorse, confirm, regard, credit, praise, bless.

One guideline I find helpful is to realize whether I am able and willing to regard others in these ways. If it is fruitful and enriching for me to appreciate you, then the process is a valid one and I deserve to treat myself with equal care.

This commitment will demand our best for your Self. It will require that you share your excellence, not your left-overs, intimately with you.

How can we set in motion the warm learning currents that are required to nourish and nurture an appropriate sense of self-appreciation and a heightened sense of self-awareness?

In our culture, most of us, if we dare to do anything, will scurry around looking for that sustenance outside of ourselves. We might think of taking courses, expanding family and/or career commitments. Those activities may distract, defer, and sometimes even calcify our awareness so that we no longer feel those inner yearnings for self-development.

We must turn inwardly. We must re-connect with that inner wisdom that is resident in all of us, that intuitive aspect of ourselves that really knows the centre of our being. This centre is the only place where substantial growth and change can occur.

Continued on Page C18

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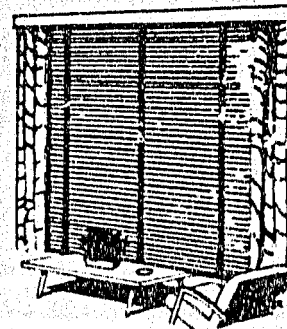
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TOWN & COUNTRY



We're 'robbed' of moment of death

David Suzuki, the television personality, writes a column for Science Dimension, publication of the National Research Council of Canada and in a recent issue told of the death of his mother on April 25, 1984.

It pointed up this whole business of life-support systems, organ implantations and the heroic efforts being made by medicine and science today to maintain life long after the time when life normally ends, when the heart stops beating or the last breath is gasped.

In a recent column in Prime Time John Duffie pondered upon what would happen if science was successful in its seemingly frantic efforts to turn back the internal clock that controls aging and learned how to effectively transplant worn-out organs and tissues. The prospect was not good.

Suzuki says his mother died of a massive heart attack and was resuscitated 20 minutes later, kept on a respirator for a day and left on her own. She died, finally on May 2.

"For a week after her first 'death', my father, sisters and I maintained a 24-hour vigil while we watched this shell of Setsu Suzuki, without nutrition, without medication, without any indication of higher brain function, without any purpose, fight to live," Suzuki says.

In a terrible way, he adds, they were confronted with the painful consequences of science and technology.

There was a time when the moment of death was final and simple — when the heart stopped beating. But no longer is that true.

Modern science and medicine are driven, Suzuki

believes, by a compulsion to dominate and control and death is the ultimate challenge to be conquered.

For a doctor every successful treatment of a patient represents a triumph over nature and a defeat of death. And that, perhaps, is why doctors are driven to sustain life without regard for its quality. Death is the great leveller and the ultimate proof that we are not, as many of us believe, unique.

At the moment of death, we are just the same as all other plants and animals which die, the same as all other forms of life.

We have been robbed of the moment of death, Suzuki feels. No one can deny the benefits of technology which sometimes not only rescues people from the brink of death but also endows them with more worthwhile years — but who is to make the decision?

There are also the Karen Quinlans and the Barney Clarks and the several babies, with transplanted hearts and livers, who have ultimately died.

One cannot escape the suspicion that such cases are almost experimental, that doctors and scientists are eagerly reaching out for such people to practice their theories of life maintenance regardless of the effects on the recipients of their experimental techniques.

As a demonstration of this belief Suzuki cites the case of David the "boy in the bubble." When he was born with a severe immunodeficiency disease he was virtually sentenced to death by the most innocuous infection. So he was kept alive in a sterile, plastic bubble on the assumption that should he survive long enough science might have advanced to the point of curing him.

But, Suzuki says, did the scientists ask if it was

worth it for the child they so arrogantly saved from Nature?

David in reality was a guinea pig an opportunity, a resource for science, not much different than a fruitfly in an experiment.

And, when the scientific experiment to confer immunity by a marrow transplant failed, he was released from his plastic prison so that he could, dying, feel the grass under his bare feet for the first time and his mother's kiss on his mouth.

And, on autopsy, the scientists announced that an invaluable bit of information had been gained on the speed with which disease spread through David's body.

And, it must be said, in these "experiments" if that is what they are, the media is a willing and cooperative partner.

Like a lot of other older adults I have come to the conclusion that when my time comes I want to go and not be the recipient of life-support or other systems which will only delay my departure.

I was driving down Quadra past Christ Church Cathedral the other day as a funeral cortege was pulling away from the church. On the roadside in front of the church stood the clergyman in his canonicals and the sombre dressed mourners, all of them solemn.

Why are they so gloomy? I thought. The person in the box, if death is oblivion, has nothing more to worry about and, if there is life after death, he or she is on the lip of the greatest of all adventures.

Funerals, I guess, are for the living and not the dead.

(Reprinted courtesy Prime Time Magazine)

Success is waking up and liking yourself

Marlynn Bailey lives — are at home now.

with her mistakes and glories in her achievements. She makes fast decisions and doesn't mull over them. She's a successful businesswoman who's managed to combine work and a peaceful, happy domestic life.

In today's terms, she's a fulfilled woman, a product of the age she lives in — frank, outspoken, upfront and self-confident.

Bailey is also the world's greatest optimist, blessed, she says, with good health and boundless energy. She works hard and thrives on it — keep the mind busy, she says, and the body looks after itself.

She's the owner of Felicia's Boutique on Beacon Ave. and has two other stores in Colwood and Mayfair Mall. Bailey bounds between the three and her home on McTavish where she lives with Pat and their two children, Maggie, 6, and Ryan, 7. She has two children by an early marriage and Pat has two but only Maggie and Ryan O'Toole — classified as "yours, mine and ours"

Bailey had a "marvellous childhood and the world's best grandparents" and started out life without any hangups. When her first child was old enough to go to school Bailey took her first job as a clerk — but it wasn't long before she was thinking she could do "better things". She took a real estate course and in no time was running her own business in Grand Centre, Alberta, 180 miles north of Edmonton.

That was during the big boom when the tar sands were being developed. "I got in when the boom started and got out before it went bust," she says, but she's honest. "It wasn't good planning, just good luck."

She used to visit Pat's relatives in Sidney and whenever she arrived the sun was shining. So the couple moved here five years ago and have never regretted it.

Pat's retired now but Bailey, who opened her Sidney store five years ago, the Colwood one two years later and the Mayfair store last Oc-

tober, says it works out fine. "He (Pat) helps out with everything, he's a fabulous cook and always pitches in when there's something to be done."



Marlynn Bailey

Bailey says life's tougher for women but "we often succeed in business because we put more into it." Her children have never resented her working because Bailey says she always had her priorities in order.

The recession has not affected her business in Sidney. She says the town's been "good" to her. There are no spurts in her women's clothing

store — just a nice, slow, gradual gain, she says. She considers good staff to be the greatest asset in her stores with attitude being the most important quality — "it's what I look for

when employing someone," she explains.

A positive, happy person who daily counts her blessings, Bailey likes the advice her accountant gave her, "Don't just get rich — get a rich life out of it." She doesn't want a lot of material things — "They're not important". Success, she says, is "waking up in the morning and liking yourself."

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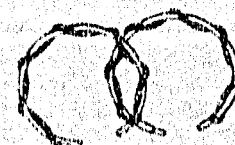
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Resisting the temptation to play God

The job needs both heart and a good head — and sometimes, it seems, the wisdom of Solomon, but Helen Perodeau was ready for the challenge and didn't hesitate when she was first nominated and then accepted to sit as a member of the B.C. Parole Board.

Active in the community for years, Perodeau had retired from her job as executive assistant to MLA Hugh Curtis but still worked as a volunteer for the Peninsula Community Association.

The offer came at the right time, she says.

For a year now she has sat twice monthly with another board member helping make that big decision — whether or not to grant early release from prison to convicts so they can serve the balance of their sentence in the community under supervision.

And it can be a formidable task, especially since parole has become a controversial word across the country in recent years. Any crime committed by a person on parole makes the headlines and has caused public concern with many people agitating for the system to be changed.

And no one is more aware of this criticism than members of the parole board.

In a recent interview with The Sun board member Joe Whitehead defended the system, explaining the criticism comes because the public doesn't really understand the way parole works.

He looks at it this way. "It's an incentive system. We put people in jail but those who make an effort should be rewarded.

"Without a goal to work towards, without hope, I believe inmates would sit and vegetate and get so frustrated that their behavior would get worse."

Others feel differently. Sally Gribble, national presi-

dent of Mothers Against Drunk Driving, would like to see a six-month sentence mean a six-month sentence. Judges know about parole, she says, and they should take it into consideration when they sentence.



Helen Perodeau . . . decision-maker

However, there's an economic argument for parole as well as all the social arguments, says Mike Redding, executive director of the B.C. Board of Parole. "If they were all kept in jail we would need another institution about the size of Oakalla."

In the provincial corrections system some 400 prisoners a month are on parole. And the public perception that parole is easy to get is inaccurate, Redding says.

Of B.C. prisoners who applied for parole in 1983-84, 60.6 were successful. And that means nearly 40 per cent were not granted early release. And of those on parole an annual average of 2.9 per cent had it revoked — withdrawn permanently because of violations.

Perodeau's main surprise was to discover that inmates did not all come from "terrible homes and backgrounds" and that environment did not play the major role she assumed it did, with prisoners coming from a variety of backgrounds.

The inmates who come before her tend to be fairly young — seldom in their 40s, she says. "They're so dense, doing what they do. I feel I want to shake them."

And the crimes which were responsible for their incarceration are mostly drug or alcohol-related, with a great deal of breaking and entering carried out to support their habits, she explains.

She sighs. "My big problem is — they're young and it's part of being young to kick up your heels. But society has to be protected — and they've got to learn."

The best advice she ever received came from a probation officer who told her that people in the corrections system have to be very wary of "playing God."

"That thought is with me at every hearing — I'm so grateful that seed was planted."



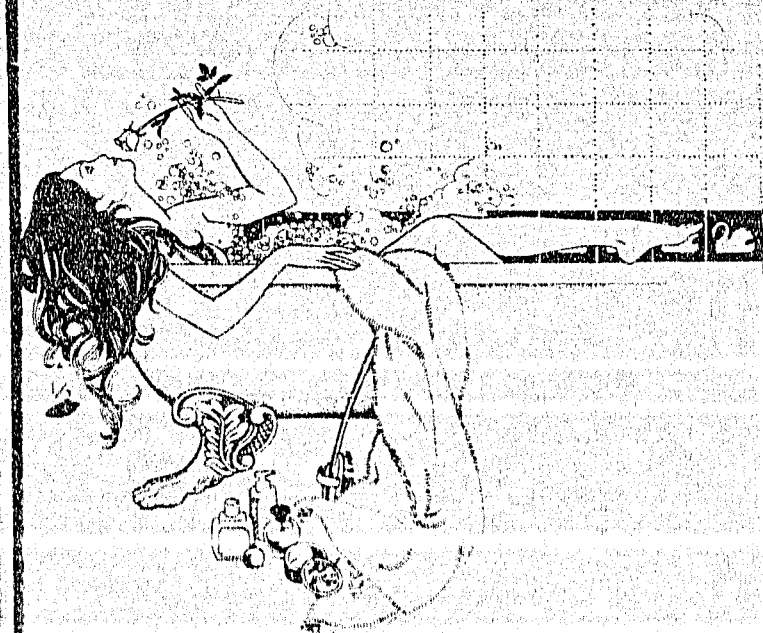
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Juggling tough but Diane copes

By GRANIA LITWIN

Diane Erickson seems to have achieved that delicate balance between work and motherhood that many aspire to but seldom achieve.

She has two handsome blond sons, a supportive husband and an exciting part-time career that takes her to the Arctic circle several times a year.

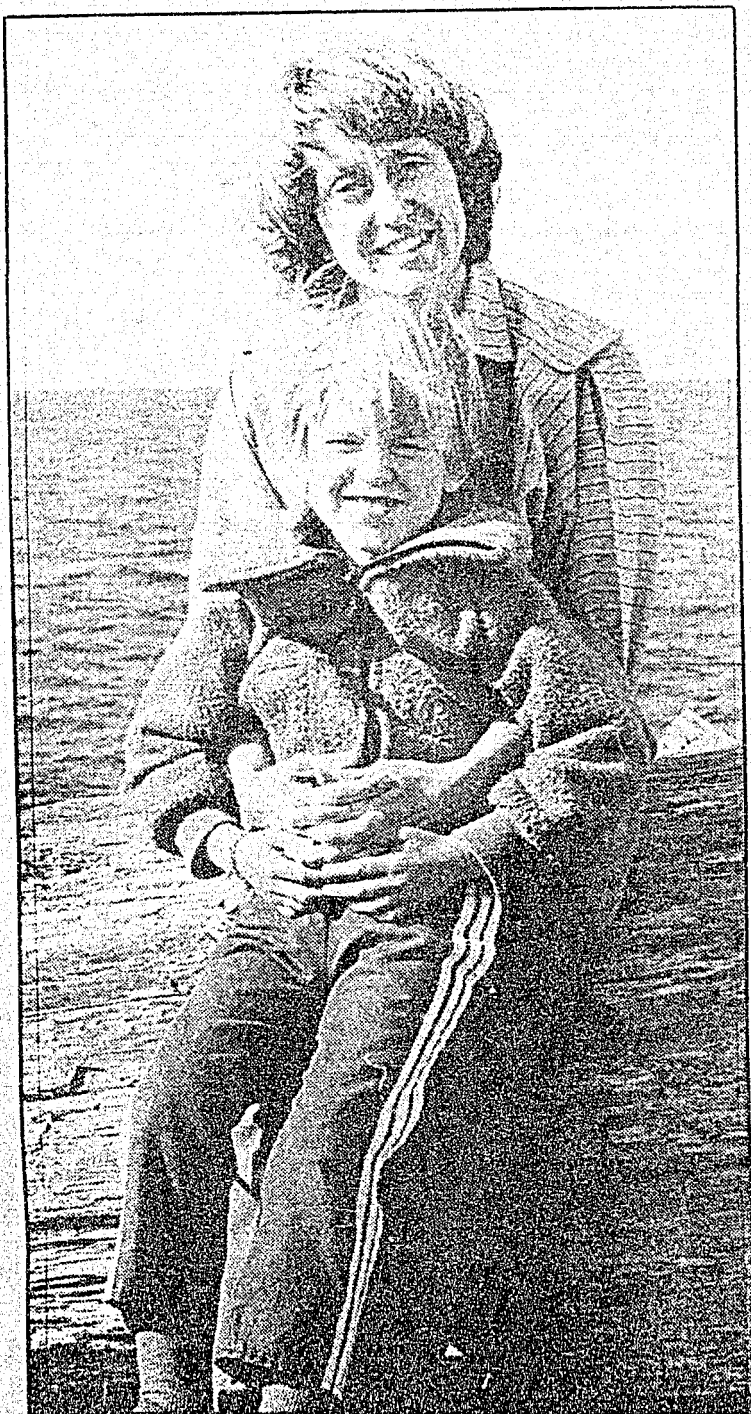
Her dual role of working mother began four years ago when her husband, Paul, travelled north to manage a scientific research lab in the Arctic. Their children were aged one and five at the time.

Once settled in the Northwest Territories, she accepted a job as a consultant to the municipality of Inuvik to undertake a fascinating study of the family in the north.

Now they have returned to the Saanich Peninsula, where her husband is a director and part-owner of Seakem Oceanography and Seastar Instruments Ltd. on Mills Rd., but she continues to work in the north several weeks a year.

Erickson is a consulting sociologist absorbed in studying the social impact of economic development.

For the past four years she has been working in



Sociologist Diane Erickson, seen here on beach with five-year-old son Neil

Grania Litwin Photo

the Beaufort Sea area studying the effects of massive oil development on the sparse and sometimes primitive population.

Erickson, who took her Bachelor of Arts at York University and a masters at UBC, had done similar work while employed by the economic development department of the provincial government, now renamed industry and small business.

After leaving the Arctic she continued to be an advisory to the federal panel.

Lying roughly 1,500 miles due north of Saanich Peninsula, the Beaufort Sea is a vast, wilderness region whose natives face tremendous changes, says Erickson.

Although immense in area, the number of people living in the N.W.T. is quite small. In the Beaufort region there are a scant 7,000 people.

"Over the last 100 years the natives have moved from a subsistence culture, and nomadic lifestyle, to participation in a wage economy. They are moving into settlements and their contact with white people is increasing."

Virtually all the white people live in Inuvik while native communities are scattered over hundreds of square miles and range in size from 200 to 850.

Erickson's job was to look at a combination of work, family and community characteristics to see how they fit together and to determine whether child care needs were being met or not.

"It was the first major study of this kind and it was really interesting. I looked at the Inuit the Dene and the Metis

Continued on Page C18

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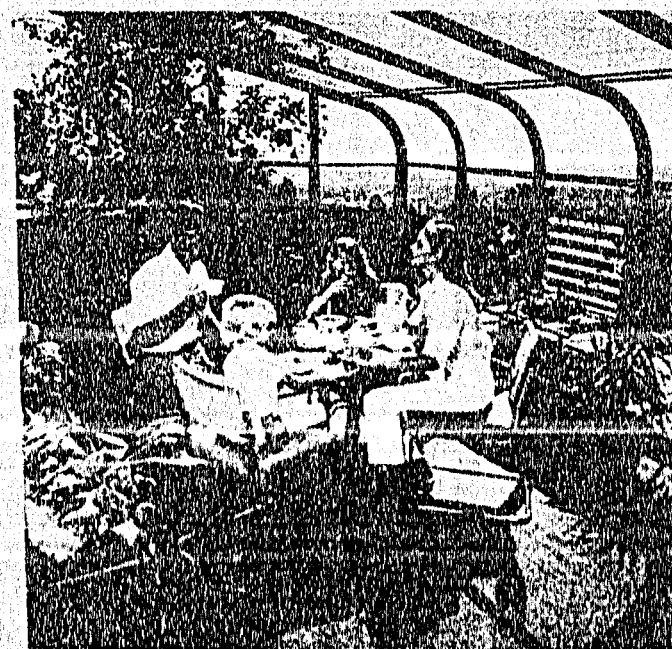
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Gourmet desserts from top restaurants

Here's some gourmet treats to tempt the taste buds of our hungry readers. Three of the Saanich Peninsula's best restaurants kindly provided us with some of their best kept secrets.

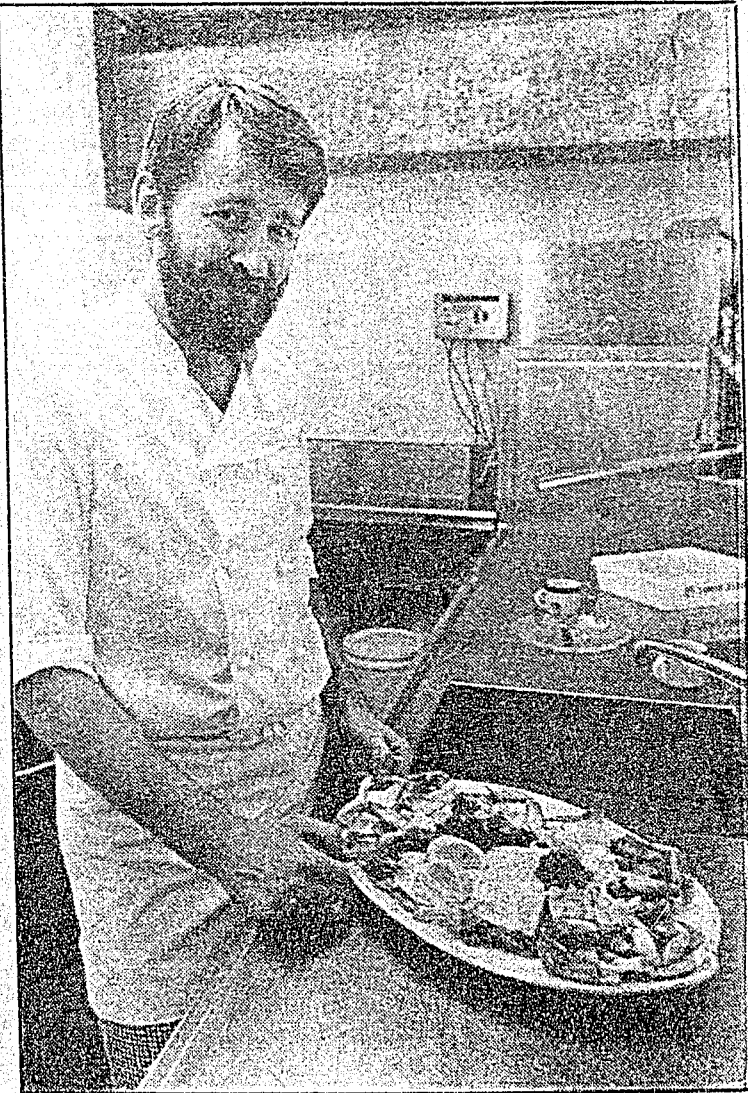
Pineapple Pecan Delight (Waddling Dog Inn)

Ingredients

- 1 quart unwhipped heavy cream
- 2 cups crushed, drained pineapple
- 2 ounces sugar
- 8 ounces mini-marshmallows
- 2 tablespoons lemon juice
- chopped pecans for garnish

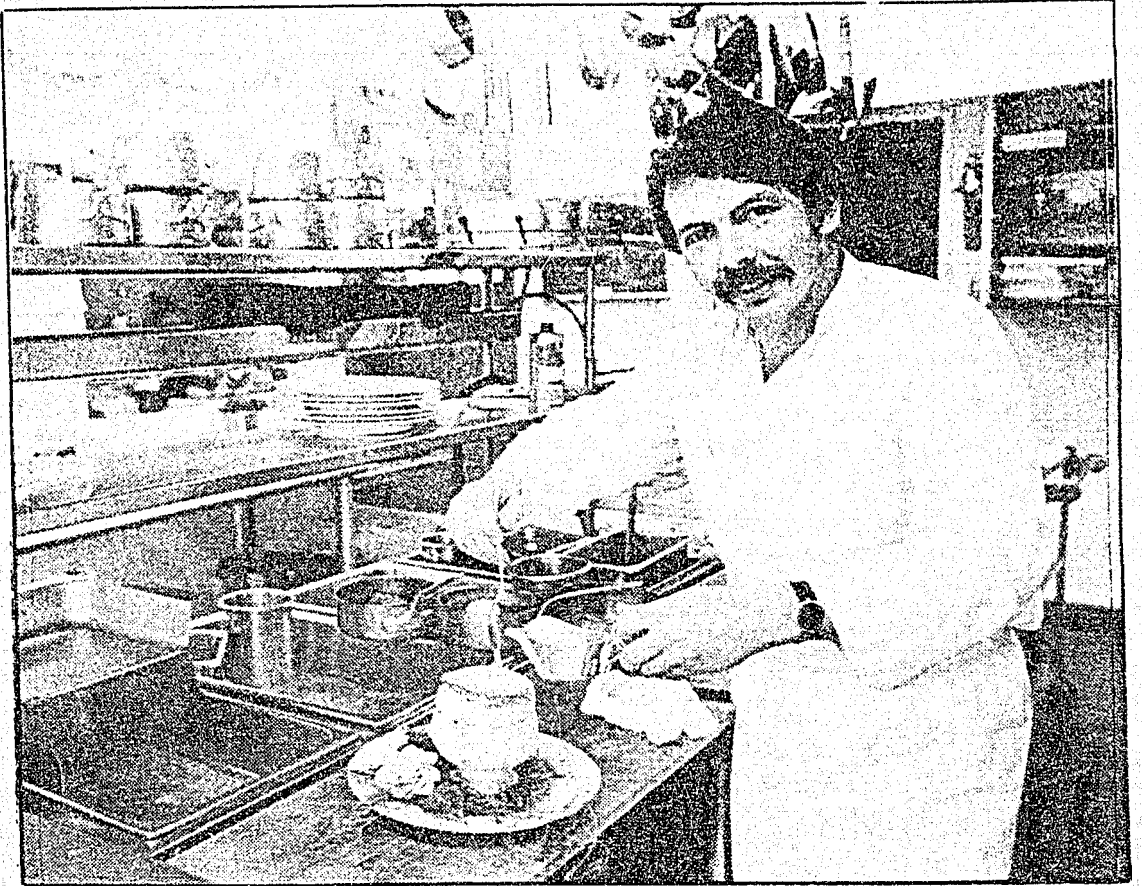
Method

Whip heavy cream until almost stiff. Add sugar and continue beating until stiff. Fold in crushed pineapple, mini-marshmallows and lemon juice. Spoon into dessert dish or parfait glass and garnish with nuts. Dessert may be frozen or served chilled as a mousse. Serves eight to 10 depending on portion size.



Chef Robin Thompson prepares seafood dish at The Latch, everyone's favorite restaurant

Murray Sharratt Photo



Pierre Koffel, owner and master chef at Deep Cove Chalet, the Saanich Peninsula's oldest restaurant established in 1914, whips up something delicious in his kitchen.

Strawberry Sabayon (The Latch)

Serves 6 to 8

- 4 egg yolks
- 3 oz. sugar
- 1 1/2 lb. fresh berries
- 1/4 litre whipping cream
- 3 oz. Grand Marnier

Method:

Beat egg yolks, sugar, and Grand Marnier over hot water until eggs are almost cooked, not scrambled, cool in fridge. Put sliced berries in large wine goblets and

pour chilled sabayon over them, top with whole berry and sliced almonds.

This dessert may be done with any fresh berry, but is especially good with local strawberries or loganberries.

Grand Marnier Souffle (Deep Cove Chalet)

Ingredients

- 3 eggs, separated
- 2 ounces sugar, or thereabouts
- 1/2 ounce Grand Marnier

Method

Beat eggs whites until slightly stiff. Add egg yolks, sugar and Grand Marnier. Chef Pierre Koffel suggests this is simply done by "wobbling a finger around in it." Pour into a buttered and floured souffle dish of suitable size for the amount of mixture and bake in 350 degree oven until done, about eight to 10 minutes. Serve with creme Anglaise poured into a small hole made in the top of the souffle. Serves two. Any problems? Pierre says: "Do not hesitate to call after 2 p.m. at 656-6291."



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Juggling roles tough

Continued from Page C16

populations, many individuals are descended from Hudson's Bay people, trappers, whalers and have mixed blood.

"The native women working in the Beaufort area do so under really unusual conditions. They have rotation shifts which means they work two weeks on two weeks off, 12 hours a day."

The oil companies have drilling rigs off-shore in the Beaufort Sea, as well as shore bases and supply ships to service them.

Native people staff the rigs, shore sites and supply vessels and women do almost all the housekeeping, kitchen, and unskilled jobs. White women do most of the secretarial work.

Those women who work on the rigs and supply ships work gruelling 12-hour shifts which last for 14 days without a break. This compares with shift workers here, such as nurses at Saanich Penin-

sula Hospital, who work a maximum of four days of 12 hours each, and then have three, four or seven days off.

Because of these strains in the northern workplace the proportion of single parent families is high and alcoholism is a major problem.

Women who live in Tuktoyaktuk on the coast of the Beaufort Sea have severe social problems. They commute daily to work at base camps strung out along the shore.

"They have minute houses and come home after an exhausting shift to look after their families and all the household chores. Their home environments are very difficult.

"The working conditions of women in the north are different from anywhere else in Canada.

"It really makes you re-evaluate your own life."

Before moving to the N.W.T. Erickson worried about adjusting to the remote life.

"I grew up in Toronto and was a big city girl. I thought I'd find it difficult to live there but found it was just the reverse. I cried for two weeks when we had to leave.

While women working in the Beaufort region have extremely demanding jobs most are well paid.

"Jobs are difficult to find and people value their work. Other family members are eager to babysit because there are so few job opportunities.

"And because of the two-week long rotation day-care needs are quite extraordinary. But the women seem to have risen to the challenge."

Like modern white society, the northern natives are having to adjust to changing male-female roles.

As a trained observer of social interaction, her work in the north has led her to draw some conclusions about our society.

"The super mom syndrome has got to go, it is very destructive to our

society and the fallout is going to be seen in marriage. At some point the system gets strained trying to manage two careers in one family."

"It is a difficult one to fight against but we women have got to stop wanting to do it all. We are still following the traditional roles of motherhood and trying to add the very significant workload of careers on top of it.

Erickson knows what she is talking about.

While interviewed this week she was in the midst of writing a 100-page report of her recent findings, admitted to putting a load of laundry in the wash at 1:30 a.m. the night before and is preparing two papers to present in Newfoundland and Banff later this year. She has also been recently hired as a technical specialist to study social and community impact of development in the Queen Charlotte Isle.

HEADLAND

Continued from Page C13

As women, we are the bearers and delivers of all new human life. "The medium is the message"

What sort of nourishment do you serve to that central living aspect of yourself?

How are we intimate with ourselves? How do we respect and thank ourselves, accept all of who and what we are, realize our human limits, forgive ourselves as we forgive others? Loving ourselves is a special kind of life giving, a cherishing and confirming of the essence, the "I am".

If we look inward, we KNOW how to do that.

Self-appreciation is a set of skills that requires your daily attention, consideration, and nurturing. Self-appreciation is the natural healer, the internal balm rendering psychological pain tolerable, meaningful, growth producing. Self-appreciation is the harmony of our centre at peace.

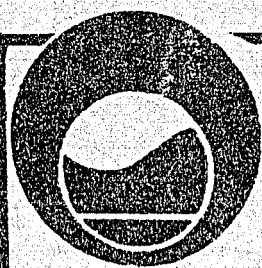
A woman has to be twice as good as a man to go half as far.
Fanny Hurst

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6:30 p.m. (M) DC SCH

7 p.m. (M-Mod) S SCH

7:30 p.m. (Mod-I) G SCH

tues/thurs

9 a.m. (I)

11:30 a.m. (M)

5:45 (SC)

7:30 p.m. (Mod) DE SCH

8:30 p.m. (Mod)

fri.

6 a.m. (Mod-I)

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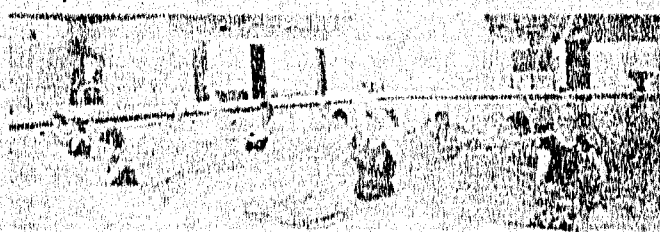
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LEVELS: I: Intense Mod: Moderate M: Mild SC: Standing Cardio

Packing trip takes savvy

Does the thought of packing for a trip send shivers up your spine?

Do you reach for the Gravel before you reach for your suitcase?

Well, you're not alone. Trying to get enough clothes for two or three weeks into a suitcase the size of a drawer is enough to nauseate anyone.

But it shouldn't, says Edita Whipple, who claims packing easily and efficiently is the mark of a well planned wardrobe.

Edita, who is fashion consultant to the wife of B.C.'s Lieut.-gov. Mrs. Robert Rogers, and MP Pat Carney, among many others, explains.

"How well you pack a suitcase is the proof of the pudding. If your closet is well-organized and coordinated, packing is a breeze. I can be ready to go anywhere in the world in about 12 minutes," says the striking blond.

And she does.

Although home is an isolated, wind-swept bluff on Galiano Island, she has spent less than a dozen days there this year.

Her consultation business, Edita International, is based in Vancouver and is one of Canada's most successful.

More than 2,000 women in B.C. alone pay \$50 twice a year for fashion updates — most have been faithful clients for decades.

Besides consultations her new line of personally designed fashions keeps her hopping back and forth to Europe where she finds all her fabrics and much inspiration too, she says.

Because of her own tight schedules Edita has turned packing a suitcase into a fine art.

She insists natural fibres are always best.

She recommends travelling in linens, cotton knits, silks, gabardine, cotton velours. Cotton gauze is best for the tropics.

"Of course linen wrinkles, but it looks better that way and crepe de chine travels beautifully. It never has to be ironed between wearings."

Edita urges her clients to pack only one, or at most two colors when traveling.

More is cumbersome and complicates things.

"Anyone can have lots of clothes, all it takes is a large closet and a healthy pocketbook."

But keeping a wardrobe small and practical requires savvy and planning.

"A wardrobe can be developed in the same way you acquire fine china or silver, one thing at a time. Build a wardrobe according to your budget and plan additions, every six months, that fit your pocket book and lifestyle."

Edita suggests variety can come from adding scarves, belts, jewellery and knowing how to make all your clothes accessories.

"Think of each garment as an accessory. A blouse should never be worn with just one skirt. A sweater should always co-ordinate with everything in your closet."

When travelling a large blouse should double as a beach cover-up, an evening jacket over pants, a belted tunic over a skirt.

A coatdress should not only be worn as a dress but also used as a coat, or unbuttoned over a tank top during the day and a lacy camisole at night.

By interchanging tops and bottoms you'll get more mileage out of a small wardrobe."

She urges her clients to make notes on what works best: "Analyze your likes and dislikes, make lists, charts — whatever works for you."

"Above all, learn from your mistakes."

For example, Edita never travels with expensive jewellery.



"I never take my best. It takes energy to watch out for it and you can get delayed at customs if it is not registered."

Instead Edita travels with Arizona turquoise, "crazy, fun things, or good-looking costume jewellery — conversation pieces I don't have to worry about."

"Worry takes the pleasure out of a holiday."

When packing always start with the right suitcase, one that fits your physique and your height.

"It must be in proportion to you. Keep in mind you may have to carry it yourself some distance."

She judges the size of her suitcase by the length of her pants. They must fold exactly once inside the suitcase. If they require an extra fold the case is too small.

Everything is packed flat.

If everything is flat and folded square, opening the case is like opening a drawer, items can be easily lifted out without disturbing everything else.

"And I never stuff underwear in shoes," she says with a smile. "It's a nuisance looking for something."

Edita packs two of everything: pants, skirts, sweaters, T-shirts.

She even includes two candles and two wine glasses, just in case.

A key question for many women is whether to be practical and low key, or gorgeous. The latter requires more effort.

"I find myself mixing the two. I like to be low key and take corduroy and Irish knits. But I usually take linen pants and a silk shirt too and mix them."

She adds chic shoes are one of the fastest ways to dress up an outfit.

*Elegant Edita
Whipple, fashion
consultant.*

Grania Litwin Photo

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